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REVISED AND ENLARGED EDITION.

BEADLE'S

DIME



# Cook Book

EMBODYING WHAT IS

MOST ECONOMIC, MOST PRACTICAL, MOST  
EXCELLENT.

24 885

BY MRS. VICTOR.

Mrs. Victor (Fuller)

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Cook Book.

# CONTENTS.

---

Introduction, . . . . .	11
-------------------------	----

## BREAD.

Potato Bread—Brown Bread—Bran Water Bread—Rye and Indian Bread—Wheat and Rye—Milk Rising Bread—Buttermilk Bread—Bread Biscuits—Biscuits or Rolls—French Rolls—Sally Lunn Biscuits—Soda Biscuits—Buttermilk Biscuits, . . . . .	12
--	----

## VARIOUS KINDS OF HOT BREAD AND CAKES.

Short Cake—Corn Cake—Johnny Cake—Apple Johnny Cake—Bannock—Griddle Cakes—Rich Griddle Cakes—Buckwheat Cakes—Rice Griddle Cakes—Corn Griddle Cakes—Tomato Griddle Cakes—Waffles—Muffins—Fritters—Apple Fritters—Rye Fritters—Sweet Fritters, . . . . .	17
---	----

## VARIOUS OTHER BREAKFAST DISHES.

Toast—Dry Toast—Buttered Toast—Milk Toast—Fried Rice—Omelette—Scrambled Eggs—Scrambled Eggs with Bread—Poached Eggs—Boiled Eggs—Wheaten Grits—Hominy—Samp—Hasty Pudding, . . . . .	19
--	----

## MEATS.

Boiling—Roasting—Broiling—Frying, . . . . .	22
---	----

## BEEF.

Roast Beef—Rib of Beef Boned and Rolled—Boiled Beef, Plain—Beef Alamode—Alamode Beef, (another way)—Beef Broiled—Beef Fried—Beef Stewed—Beef Pie—To Collar Beef—Beef Cake—Fricaseed Beef—Beef's Heart—Potted Beef—To Dress Beef Tongues—Smoked Beef—Pickle for Corning Beef, . . . . .	24
--	----

## VEAL.

Boiled Veal—Fried Chops—Veal Pie, Baked—To Boil a Leg of Veal—Leg of Veal, Roasted—Loin of Veal, Stewed—Shoulder of Veal—Calves' Feet—Calves' Feet Fricaseed—Calf's Head—Calf's Liver, . . . . .	28
--	----

## MUTTON.

Mutton Chops—Mutton Chops Broiled—Chops as Beefsteaks—Mutton Steaks—Neck of Mutton—Shoulder of Mutton—Leg of Mutton Boiled—Leg of Mutton Roasted—Haunch	
---	--

of Mutton—Saddle of Mutton—Mutton Cutlets—Irish Stew  
—Hash—Leg of Lamb, Roasted—Fore Quarter of Lamb  
Roasted—Lamb Stewed with Peas, . . . . . 30

## PORK.

Pork Steak—To Fry Pork—To Roast Pork—Spare-rib of  
Pork Roasted—To Broil Ham—To Boil a Ham—Pig's Feet  
Stewed—Souse—Head Cheese—Fine Sausages—Pickle for  
Hams—Salting Pork—To Melt Lard, . . . . . 33

## VENISON.

Steaks—Haunch of Venison Roasted—Venison Pie, . . . . . 37

## POULTRY AND GAME.

Roast Turkey—Boiled Turkey—Roast and Baked Goose—  
Ducks—Roast Fowl—Chickens Boiled—Fowl Broiled—  
To Fricassee a Fowl—Chicken Pie—To Cook Pigeons—  
Roast Woodcock, Snipe, etc.—Small Birds Broiled, . . . . . 37

## FISH.

To Fry Fresh Fish or Eels—Baked Shad—To Broil Fresh  
Fish—Fresh Codfish Boiled—Salt Codfish Boiled—Codfish  
Balls—Trout Fried—Stewed Blackfish—Fresh Cod Boiled  
—Chowder, . . . . . 41

## A FEW NICE BREAKFAST DISHES.

Fresh Meat Griddles—Clam Griddles—Oyster Pancakes—  
Fish Balls—Codfish Toast—Rice Balls—Hashed Mutton—  
Head Cheese—A New Breakfast Dish, . . . . . 44

## SOUPS.

Beef Soup—Vermicelli Soup—Pea Soup—Bean Soup—Split  
Peas and Barley Soup—Vegetable and Rice Soup—Tomato  
Soup—Maccaroni Soup—French Soup—Egg Dumplings  
for Soup, . . . . . 45

## VEGETABLES.

Potatoes—Tomatoes—Green Peas—Greens—Onions—  
Squashes—Green Sweet Corn—String Beans—Dry Beans  
—Lima Beans—Beets—Vegetable Oyster or Salsify—As-  
paragus—Parsnips—Carrots—Cabbage—Turnips—Cauli-  
flowers, . . . . . 48

## SAUCES.

White Sauce—Caper Sauce for Fish—Egg Sauce—Plain  
Butter Sauce—Cranberry Sauce—Apple Sauce—Pudding  
Sauce—Sweet Sauce, . . . . . 52

## SALADS.

Radishes—Celery, . . . . . 53



## PIES.

Minced Pie—Pumpkin Pie—Apple Pie—Cherry Pie—Peach Pie—Green Currant Pie—Gooseberry Pie—Fresh Berry Pies—Dried Berry Pies—Dried Fruit Pies—Rhubarb Pie—Lemon Pie—Plain Custard Pie—Corn Starch Pie—Cranberry Tart—Fruit Pies—Pies for Dyspeptics—Custard Pies, - - - - - 54

## PUDDINGS.

Christmas Plum Pudding—A Good Christmas Pudding—A Superior Plum Pudding—Baked Indian Pudding—Boiled Rice Pudding—Sponge Pudding—Light Bread Pudding—Mush or Virginia Pudding—Floating Island—Custard Pudding Baked—Batter Pudding Boiled—Arrow-root Pudding—Sago Pudding—Plain Baked Bread Pudding—Economical Pudding—Scalded Pudding—Tapioca Pudding—A Boiled Apple Pudding—Apple Dumplings—Jefferson Pudding—Arrow-root Blanc-mange, - - - - - 58

## CAKES.

To Make Icing—A Fruit Cake for a Large Party or Wedding—Wisconsin Fruit Cake—Fruit Cake—Loaf Cake—Pound Cake—Sponge Cake—Rice Cake—A Good Tea Cake—White Cup Cake—Delicate Cake—Cookies without Eggs—Kisses or Drop Cakes—Soft Cake in Little Pans—Jumbles—Ginger-snaps—Soda Jelly Cake—Tea Cakes—Cream Cookies—Soft Gingerbread—Faith Cakes—Gingerbread—Ginger-nuts—Economical Cake—Excellent Plain Crullers—An Excellent Common Fried Cake—Doughnuts with Sugar—Thin Pound Cake—One, Two, Three, Four Cake—Seed Cakes—Cookies, - - - - - 61

## TEA, COFFEE AND CHOCOLATE.

Green Tea—Black Tea—Coffee—Chocolate—Cocoa—Coffee Milk—A Substitute for Cream for Coffee—Parisian Coffee, - - - - - 63

## JELLIES, PRESERVES, DRIED FRUITS, ETC.

Jellies—Apple Jelly—Black Currant Jelly—Gooseberry Jelly—Raspberry Jelly—Plum Jelly—Strawberry, Raspberry, Red Currant, or Currant and Raspberry Jelly—Moss Jelly—Lemon Jelly—Red or White Currant Jelly, made by Boiling—Marmalades—Coloring for Jellies, Cakes, etc.—Italian Mode of Preserving Strawberries—Strawberries for Tea—Peaches for Tea—Pears for Tea—Pears Preserved—Peaches Preserved—Golden Pippins, to Preserve—To Preserve Greengages Whole—Green Apricots—To Preserve Apricots Whole—To Preserve Rhubarb—To Preserve Strawberries—Preserved Grapes in Bunches—

To Preserve Pine-apples—To Preserve Siberian or American Crabs—To Make Tomato Figs—Frosted Fruit—To Keep Apples Fresh a Year—To Keep Grapes, Plums, etc., through the Winter—To Dry Pears—To Dry Cherries with Sugar—To Dry Gooseberries—To Dry Cherries and Plums—Raspberry Jam—Green Currant Jam—Blackberry Jam—Greengage Jam, . . . . . 67

**PICKLES.**

To Pickle Cucumbers—Mangoes—Tomato Catchup—Green Tomato Pickles—Peaches—Very Rich Sweet Pickles—Citron—Cherries—Cucumber, No. 2—Brandy Peach—To Pickle in Brine—Tomato Chowder—East India Pickle, 76.

**ICE CREAM.**

How to Make it, . . . . . 80

**OYSTERS AND OTHER SHELL FISH.**

To tell Fresh Oysters—To Keep Oysters—Oyster Soup—Fried Oysters—Stewed Oysters—Oyster Pie—Baked or Scalloped Oysters—Roast Oysters—Raw Oysters—Oyster Fritters—Oyster Patties—Oyster Catchup—Pickled Oysters—Clam Soup—Clams Stewed (Soft Shell)—Clams Fried (Hard Shell)—Lobster Soup—To Stew Lobsters—To Roast Lobsters—Lobster, Cold—Lobsters, Potted, . . . . . 82

**THE CARVER'S MANUAL.**

General Directions—Turbot—Salmon—Mackerel—Cod's Head and Shoulders—Fowl Roasted—Fowl Boiled—Turkey Boiled—Turkey Roasted—Goose—Green Goose—Duck—Ducklings—Pigeons—Snipes—Woodcocks, Grouse, etc.—Sirloin of Beef—Rib of Beef—Round of Beef—Saddle of Mutton—Breast of Veal—Aitch Bone of Beef—Calf's Head—Shoulder of Mutton—Leg of Mutton—Spare Rib—Quarter of Lamb—Fillet of Veal—Pig—Venison—Ham—Tongue—Leg of Pork, . . . . . 86

**MISCELLANEOUS.**

Egg Plants—Egg Plant Fried—Chicken Pudding—Apple Pottage—Apple Fritters—Picalilli—Quick Pickles—Pickled Damsons—Potato Muffins—Drop Biscuit—Brentford Rolls—Crumpets—Raw Potatoes Fried—A Nice Way to Cook Meat—Best Way to Cook Clams—French Mustard—A Delicate Baked Fruit Pudding—Plum Pudding without Eggs—Whigs—Red Sugar-beet Pies—Boiled-cider Pie—Watermelon Rind Preserved—Peach Jelly—Blancmange of Rice Flour, . . . . . 96



# ~~THE~~ Dime Cook Book.

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## INTRODUCTION.

IN these hard times, when even people—who once were not compelled to take thought for the morrow, what they should eat or what they should drink, because the morrow took care of itself—find it convenient to learn the meaning of the word *economy*, there are many things which might be said to advantage about our American style of living.

There are a great many ways in which economy may be consulted at the same time that comfort is attained; but our people seem to have a great contempt for it, and to prefer those dishes most costly and most unhealthy above those equally palatable, yet less troublesome to prepare, less expensive, and less injurious to good health.

In those countries where the *art of cookery* has been brought to the highest perfection, and where provisions in the raw state are much dearer than in our own, the table actually is furnished at less expense. This is the result, not only of skill, but of a willingness—indeed, a necessity—to make the most of a little. With a handful of herbs which cost but a few sous, and a tiny piece of meat, or a cheap bone, a Frenchman will serve you up a delicious and substantial soup, upon which, with a few equally inexpensive accompaniments, you can dine royally. In Italy you can have a dinner for four persons, including a bottle of excellent wine, cooked, brought to your house, served to you, and the dishes removed, at a cost of four or five shillings, which here would cost nearly as many dollars, if of the same quality and style.

While it is a source of satisfaction and pride that our laboring classes are able to provide so much more bounty

fully for their families than those of other nations, it is highly desirable that they should learn how to secure the largest amount of comfort with the smallest outlay. A great part of this important matter rests with the *housewife*. To her is entrusted the welfare of the indoor world. The health of her children and the cheerfulness of her husband will depend very much upon her skill and intelligence. All housewives can not afford a variety of books, nor the time to make them a study. The object of the DIME COOK BOOK is to place a judicious variety of recipes at their command in as cheap and compact a form as possible. It will contain, with few exceptions, only such matter as is available to families of moderate means—that is, it will not be occupied with details of fancy dishes and elaborate cookery which it would require the time and science of a professed cook to prepare; while the recipes given will enable the housewife to furnish a variety of excellent things which should satisfy the tastes of the household.

The *table* should always be an object of solicitude to the manager of a home. A little extra care bestowed upon its arrangements, that it shall be scrupulously neat, orderly, and well-served, will be repaid by the contentment and harmony promoted. If there is nothing upon the cloth but a single homely dish, neatness and order should still be the rule. We are in favor of all the ornament and variety which can be bestowed upon it without causing it to absorb too much of the housewife's valuable attention or the provider's purse. The best cooks are not usually the most extravagant ones. The odds and ends of the table, nicely preserved and skillfully made over, form some of our most palatable dishes.

With the hope that the DIME COOK BOOK will be found in all respects practical and available, we proceed to treat of the article of food which stands first in importance—the staff of life:

### BREAD.

When a person wishes to make her own bread, if she can not procure excellent yeast from the brewer whenever wanted, her best plan, if she has a cool cellar, is to manufacture the yeast. It will need to be renewed about once a week in hot weather; but not so often in cold. A stone crock is the best vessel to contain it. Put a hand

ful of hops in a quart of boiling water; let them simmer a few moments; have in a dish sufficient flour to make a thick sponge; pour on the water, through a culendar or seive, to keep the hops out, *scalding* hot, and stir the mixture well, adding a teaspoonful of ginger and a tablespoonful of sugar or molasses. When it has cooled sufficiently *not* to scald the yeast, add, from the remains of the last brewing, a little yeast, say half a teacupful, and set it near the fire to rise. When it becomes light, which will be in a few hours, turn it into the crock—which must be previously washed and scalded—and set it away in a cool spot. It must not be allowed to freeze in winter, as that kills it. This ought to serve for three or four bakings. To make, then,—having this truly excellent yeast in readiness—good white-flour bread, proceed as follows:

Sift into a good-sized pan or wooden bread-bowl a quantity of flour; make a hole in the center, pour into this, water, according to the quantity of bread required; add a little salt; stir the flour around from the inner edges with a stout spoon until a tolerably stiff batter is formed; add the yeast, mixing it in well. If the yeast is very fresh and brisk, a teacupful will be sufficient for four moderate-sized loaves; if a little stale, use more. Cover the batter half an inch thick over the top with flour; leave it to rise. Observe: the excellence of bread depends upon attention to small matters; and, until experience makes the whole thing such a matter-of-course that mistakes can not occur, too much care can not be given to the composition, simple as it seems to the practised cook. In hot weather this batter should be made of cold water—especially if set over night—which is a good plan, preparing it about bedtime, leaving it in a cool but not cold place, when it will be found light, in the morning. It must then be moulded into dough, by kneading in the rest of the flour, covered with a napkin, set in a warm place; in about an hour it will have risen again, when it is to be taken upon the molding-board, divided into loaves, *thoroughly* kneaded, (the more the better), put upon greased pans, covered, and left to rise the third time; have the oven hot; when light prick the loaves to prevent cracking, and bake. It must not be made too stiff; it must be well kneaded; it must not be allowed to get chilled at any period during the process, neither scalded by heat; it must not stand too long when



ready for moulding; it must not be put into so slow an oven as to make it sodden: these rules apply to all varieties of bread. If it threatens to be sour, from fault of the yeast or too much heat, dissolve a small portion of soda, and incorporate thoroughly into the mess. In winter the water should be warmed according to the coldness of the weather, always taking care not to scald the yeast, as that kills it.

**POTATO BREAD.**—The addition of potatoes is thought by many an improvement to the above-described bread. Pare half a dozen potatoes, slice them, boil them until mealy, mash them very fine, and pass through a seive, and add them warm to the mixture, when the batter is about being kneaded into dough. Some persons are in the habit of scalding a small quantity of flour with the water in which the potatoes were boiled, and adding *this* at the same time; if this is done, they must be pared before boiling; otherwise, the water will not only be dark, but will be unhealthy—to a certain degree poisonous.

**BROWN BREAD.**—Bread made from unbolted flour should be set to rise with a sponge, the same as for white flour; but when mixed in the morning, should not be made so stiff, as the bran renders it dryer. We think it most excellent to be made no harder than can be stirred with a stout spoon, and with the addition of a small cup of molasses. It will then be required to rise in basins, and will not want the third rising; also will take more time in baking. It is sweet, moist, healthy, and delicious, made in this manner.

**BRAN WATER BREAD.**—In making either white or brown bread, you get considerably more nutrition from the same amount of flour by using bran water for wetting it. The proportions are three pounds of bran to twenty-eight of flour. Boil the bran for one hour, and strain it through a hair cloth seive. It is said that one fifth may be saved by this method.

**RYE AND INDIAN BREAD.**—Two parts of corn-meal to one of rye. Put the corn-meal first into your bread pan, with a little salt and molasses; wet it with scalding water—be sure that it is scalded—working it at the same time with a spoon. When lukewarm, add the rye, a cup full of good yeast, and mix it up with water, not very stiff.

knead it into loaves; let it stand to rise; bake it in a moderate oven. It will require a much longer time to bake than wheat bread; and should be made in thicker loaves. If you have a brick oven, this bread acquires a very superior excellence by making the loaves large, and allowing them to remain in the oven until it is cold.

**WHEAT AND RYE**—May be used together, half in half, as more economical, when flour is very high-priced. Made the same as wheat alone.

**MILK RISING BREAD.**—This is made, altogether, in many families; especially in the country, where baker's yeast is not to be procured. It is a very white and beautiful bread when well-made, though hardly as nutritious as hop yeast. It is less trouble to make it than almost any other kind, after the housewife has once acquired the art. Take of milk, according to the size of the baking required, make it blood-warm by putting in hot water, about half in half; add salt, in the proportion of a teaspoonful to a pint; make a thin batter—not *very* thin—set the vessel containing it in a larger one, so that it will be surrounded with lukewarm water, which must be kept at that temperature until the sponge rises. It should be very light; but it must not stand too long, as it acquires a disagreeable odor, and makes wet, heavy bread by so doing. As soon as light, pour the sponge into the center of your baking of flour; add more milk or water; knead into loaves, set to rise in buttered pans, bake half or three quarters of an hour in rather a quick oven. This bread dries sooner than most other varieties, and should be made often.

**BUTTER-MILK BREAD.**—Take three pints of butter-milk, (no matter how sour), and put it in a saucepan to boil; then take one pint of flour, in a bowl or jar, with half teaspoonful of salt. Pour the milk, while boiling, over the flour, stirring briskly that all may be scalded; let it stand until lukewarm; add half pint of yeast, home-made or brewer's. This must be made over night. Early in the morning take flour for three large loaves; have ready a pint of water, nearly boiling hot; pour it in the flour, mix, add the sponge; work and knead the dough well; form into loaves, which put in buttered pans; set them in a warm place to rise, and in two hours you may bake them.

**BREAD BISCUITS.**—The bread most commonly used in Maryland and eastern Virginia, is made without any yeast. A quart of flour, tablespoonful of lard, and a little salt mixed with milk or water, forms a dough which is pounded by active hands for at least half an hour. It is then moulded into round biscuits, which appear on the table white as snow, and are among the most palatable species of bread. Few northern housekeepers or domestics could spend the time requisite in the preparation of this form of bread.

**BISCUITS OR ROLLS.**—Set the sponge as for bread, but before kneading it up add butter, lard, or beef-drippings, in the proportion of about two ounces of shortening to one pan of biscuits. If eggs are plenty, add an egg. When making bread, it is easy to reserve a portion of the dough, to be made into biscuits for the next meal, by simply working in the shortening.

**FRENCH ROLLS**—Are made the same as biscuits, except that more eggs and butter are used. The dough for either of these should not be quite so stiff as for bread.

**SALLY LUNN BISCUITS.**—When the sponge is set, as for rolls, and has risen, rub two ounces of sugar and a quarter of a pound of butter into the flour, which you add to the sponge. Make out on pans; when light, bake in a quick oven. We will here remark that many people use milk instead of water for wetting bread and biscuit. It is not necessary and need not be used, unless it can be had without much expense. When water alone is used, a trifle more shortening is required. Hop-yeast bread is better and sweeter without milk.

**SODA BISCUITS.**—Measure out the exact quantity of flour which you will require, so that the proportions will be maintained: one quart of flour; one pint of water; one small teaspoonful of soda; two of cream of tartar; two ounces of butter. Rub the butter thoroughly into the flour; after this is done, stir the cream of tartar equally through it; dissolve the soda in the water, which should be slightly warmed, pour it into the center of the flour mix it up lightly, hastily, and not too stiff, roll it out upon the moulding-board, cut them out with cake-cutter or tumbler, place them upon floured pans, bake immediately in a quick oven. Every cook can have soda biscuits of



quity to delight the palate by a little care in following the directions. All mixtures which are lightened with soda and cream of tartar should be so put together that the greater part of the fermentation will take place after they go into the oven. For this reason biscuits should not stand long after being made. A quick oven is absolutely necessary to their proper baking; it should be hot when they are placed in it. Twenty minutes is enough for them. They should also be served shortly after they are baked.

Observe: cream of tartar is more apt to vary in strength than soda. The usual proportions should be twice as much in bulk of cream of tartar whatever the mixture in which it is placed. Should the dough, upon baking, have a greenish tinge, it is evident that the cream of tartar is deficient in quality—a little more must be used.

**BUTTER-MILK BISCUITS**—Are made the same as above, except that the cream of tartar is omitted. An even teaspoonful of soda or saleratus is the rule for a pint of milk, unless very sour. Avoid using saleratus too freely. It is neither healthy nor palatable in excess.

### Various kinds of Hot Bread and Cakes.

**SHORT CAKE**.—Made the same as biscuit, but rolled out in one piece, marked across with a knife, and baked on a tin. People who have fire-places, or stoves which open sufficiently in front, think it much nicer to set the tin up against a flat-iron, and bake it before the fire, turning it over to brown upon both sides. A board is the true, old-fashioned pan to bake short cake on.

**CORN CAKE**.—Made of water, salt, and corn-meal, mixed hard, and baked upon a board before the fire, has an excellent flavor of its own. It is more used at the south than any other kind of bread.

**JOHNNY CAKE**.—A quart of sour or butter milk; a little salt; a piece of butter half the size of an egg; corn-meal enough for a stiff batter. Just before placing upon buttered tins for the oven, add a heaped teaspoonful of soda or saleratus. An egg should be added if convenient. If a richer cake is desired, two eggs and a spoonful of syrup or sugar should be used. Bake three quarters of an hour.

**APPLE JOHNNY CAKE**.—Where rich, tender apples are plenty, such as are suitable for dumplings, three or four

apples, pared and sliced into the batter, make a delicious variety of this kind of hot bread.

**BANNOCK.**—Two cups of meal; two of flour; a tea spoonful of salt; one of ginger; four spoonsful of molasses; wet with butter-milk or sour milk; a teaspoonful of saleratus. Bake an hour.

**GRIDDLE CAKES.**—A quart of butter-milk, or sour milk and an egg; a little salt; flour to make a thin batter. Beat well together, and, just before baking, add a heaped teaspoonful of soda. Have your griddle hot, grease it with butter, or any kind of nice drippings, or a piece of fat pork. Drop the cakes on from a large iron spoon. It is prudent to bake one to test your batter—whether it have enough or too much soda. Turn the cakes with a broad-bladed knife or a cake-turner; put them on a hot plate, and serve immediately. If they must be cooked before the meal is served, so as to stand a few minutes, they should be buttered when taken from the griddle. If the griddle is sticky, scour it with salt, and grease it well.

**RICH GRIDDLE CAKES.**—Griddle cakes are better to have about four eggs to a quart of milk. To be very nice, the eggs should be beaten separately. They can then be made with sweet milk, and a little soda and cream of tartar added.

**BUCKWHEAT CAKES.**—Stir buckwheat flour into lukewarm water; it will take nearly a quart of flour to a pint of water; add a small cup of yeast. Set it to rise over night, if wished for breakfast. Leave plenty of room in the vessel containing it, or it will overrun. If it should be sour in the morning, add soda until it is sweet. These cakes should not stand, after baking, so as to sweat, as that destroys the crispness which should be a part of their excellence. They should be served when taken from the griddle. Use part of the last batter to rise the next, when you have them daily.

**RICE GRIDDLE CAKES.**—Use boiled rice half, and half flour, to thicken the batter. They are delicious. Rice left from the dinner of the previous day, may be used for this purpose.

**CORN GRIDDLE CAKES.**—Make your batter of sour or butter-milk, and a little thicker than when wheat flour is

used. A handful of wheat flour should be stirred in, or they will break in pieces while being turned. - Cakes, half of white flour half of corn-meal, are more easily digested than wheat alone.

**TOMATO GRIDDLE CAKES.**—Slice ripe tomatoes into a nice batter, and fry them. To lovers of that vegetable they are a delectable dish.

**WAFFLES.**—Make a thicker batter than for griddle cakes, but not too thick. Allow at least two eggs to a quart of milk. Have your waffle-irons well-heated and greased; fill one side; shut them up; keep both sides hot by turning.

**MUFFINS.**—To a quart of warm milk add an egg, a piece of butter the size of a hen's egg, a little salt, and a gill of yeast; stir in flour to make a thick batter; let it stand to rise in a warm place, (if for breakfast, they can be set the night before); butter your rings, and put them upon a hot griddle well greased. When a good brown upon one side, turn them; do not burn them.

**MUFFINS.**—Very delicious muffins may be made, at a few moments' notice, by using four eggs to a quart of milk, and omitting the yeast. The eggs should be beaten separately; a little more butter may be used. This kind will be nice baked in small tins in the oven, instead of in rings upon the griddle.

**FRITTERS.**—Make a very stiff batter of flour in a quart of warm milk; add a gill of melted butter, a little salt, and three eggs well beaten; half a teaspoonful of soda; teaspoonful of cream of tartar. Drop this mixture from a spoon, in pieces the size of an egg, into a kettle of hot lard, and fry them brown.

**APPLE FRITTERS.**—Slice tart, tender apples in thin pieces into the flour for the batter.

**RYE FRITTERS.**—Rye flour makes excellent fritters.

**SWEET FRITTERS.**—Put a teacupful of sugar into a quart of batter.

### Various other Breakfast Dishes.

**TOAST.**—Bread a little stale makes the best toast. To expedite toasting, it may, if fresh, be placed in the oven a few moments, but it should not be dried through. Care should be taken to brown it evenly and not to burn it.



**DRY TOAST.**—This should be made the moment before it is served, or it becomes tough and leathery. It should be a fine, light, even brown. If piled up, and standing on a plate, it sweats. Toast-racks are nice to serve it in, and while it is hot.

**BUTTERED TOAST.**—Moisten the toasted bread slightly but evenly with hot water, salted a little. Butter each slice well; place it in the oven a moment to melt the butter.

**MILK TOAST.**—Place the milk to heat; mix a tablespoonful of flour smoothly with a little cold milk, stir it in, and let it come just to a boil, with a piece of butter the size of an egg to a quart of milk, and some salt. Place your toast in a deep dish, and cover it with this gravy. Thin cream, omitting the butter, makes a nicer dish, for those who are so fortunate as to have it to use.

**FRIED RICE.**—Any cold rice, left from dinner, or prepared for the purpose, may be made out with the hands or a spoon into cakes about an inch thick, dipped in an egg-and-flour batter, and fried a handsome brown in the frying-pan with a small piece of butter.

**OMELETTE.**—Beat up five eggs with a quart of milk, a little salt, and a teacup of flour; have your frying-pan at a very moderate heat, put about an ounce of butter in it; turn half the above quantity into it at once; let it do slowly, until it is of a light brown upon the under side and thickened throughout; with a broad knife turn half the omelette over upon the other half, so that it will be brown upon the outer sides; take it up carefully upon a warm plate, and serve immediately. Put another ounce of butter in the pan, and fry the remainder. Many persons like a little fine-chopped parsley in it; or parsley and about two ounces of cold-boiled ham chopped fine.

**SCRAMBLED EGGS.**—Beat up a few eggs with a little salt, turn them into a pan which has in it a little melted butter, stir them until thickened, turn them out into a hot dish.

**SCRAMBLED EGGS WITH BREAD.**—An equally nice dish may be made with half the quantity of eggs, by cutting up some slices of bread into pieces an inch square, putting them in the frying-pan with the butter, and letting them brown; then turn the eggs in and stir all up together.

**POACHED EGGS.**—Have some salted boiling water in a pan, break the eggs carefully, one at a time, in a saucer, so as not to disturb the yolk, and slip them into the water. When the white is set through they are done. Take them up nicely on a small platter, warmed.

**BOILED EGGS.**—From two to four minutes. The taste of each person at table should be consulted as to the time they like their portion to be done in, unless the eggs are steamed upon the table. Two minutes set about half the white of the egg, three minutes touch the yolk, four harden the whole egg. The clock should be watched, and the water be kept at the boiling point to insure accuracy.

**WHEATEN GRITS.**—This nutritious and delicious article of food can not be too highly recommended. It should form part of the breakfast of every family, who can procure it, two or three times a week. It is much better for the digestive organs, as well as more relishing to the appetite, than to confine the household too strictly to fine bread. Directions for cooking it will be found upon the papers in which it is purchased. It is better to soak it over night in the amount of water required for cooking it, as it will then be more quickly in readiness for the morning meal. Forty minutes' boiling, when soaked, or an hour when not, is sufficient. To be eaten plain, or with milk, or butter, sugar, or syrup. This, and all dishes of a similar character, ought to be cooked in vessels heated by steam, to prevent the danger of their scorching, and the necessity of constantly stirring them. If no better apparatus is to be had, a deep tin vessel which will set in the top of the tea-kettle will answer very well. Grits require no washing.

**HOMINY.**—Wash hominy in cold water to take out dust and meal. To every pint of hominy put in two and a half pints of water, with salt sufficient to season. Half an hour will cook the finer kinds, if the fire be good; it is safe to allow more time—always when it is steamed. Eat it plain, or with milk, or butter, sugar, or syrup. If there is any remaining over, it is nice cut into slices and fried for the next morning's meal.

**SAMP.**—Should be prepared as hominy; but, being coarser, requires a longer time to cook. It is well to cook a quantity of this at once, taking time for it when other

work is going on, as baking or ironing. It will be just as nice each time it is warmed. It can be fried, or warmed in milk, or with milk and sugar. Warmed up with rich milk and maple sugar or syrup it is delicious.

**HASTY PUDDING.**—Have a kettle partly full of boiling water well salted. Stir in, slowly and evenly, corn-meal until it is thickened; adding, at the last, a handful of wheat flour. The excellence of the pudding will depend upon its smoothness and the thoroughness of the cooking. It should boil half an hour after the meal is all in; and must be stirred with a wooden spoddle or stout iron spoon. This pudding, when cold, is excellent, sliced, and fried brown.

The use of these various preparations of grains not only make an agreeable variety in the breakfast table, but are simple, cheap, and healthy.

### MEATS.

**BOILING.**—Salt meat should be put into cold water, fresh into hot, when placed upon the fire. All meat should be well washed. Have plenty of water in the kettle; keep it steadily boiling, but not furiously. When the water evaporates, fill up with hot water from the tea-kettle. Occasionally remove, with a perforated skimmer, the scum which rises; it must not be allowed to gather and dry upon the meat, as it spoils its color and appearance. The average loss, by boiling, is estimated at twelve per cent. Yet this loss may be turned to the best account; for the broth of all meats, except very salt old meat, can be made, with little trouble and trifling expense, into nutritious, excellent soups. Never throw away the water in which meat has been boiled. If fresh meat, convert it into soup. This can be done any time before it turns sour. If not wanted upon the first day, turn it into a stone jar, and set it away in a cool place. If salt meat, allow the water to stand until all the fat has risen to the surface and hardened; skim this off, and use it for your frying-pan, gridles, etc.

Do not boil meat any longer than is necessary; if you do, it will become tough and insipid. The usual rule is fifteen minutes for each pound; though ham and pork require at least twenty minutes, and bacon half an hour.

**ROASTING.**—Meat, roasted before the fire, is more savory than when baked in an oven, though baking goes gener-



ally under the same title. But few persons have conveniences, in these days of cook-stoves, for roasting. It is a good plan to have a tin reflector or cover made, to set upon the hearth of the stove, and having established a fine fire, to open the front of the stove, having the meat upon a dripping-pan before it. Or, if the stove-oven can be kept hot enough, leave one door partially open, so that the steam may pass off. The meat should be watched and turned, that all parts may be equally done, and basted occasionally with the drippings; if these are not sufficient, a little lard or butter should be used. The process should not be too rapid, or the outside will harden, preventing the inner portion from cooking. The waste in roasting is fifteen per cent.

**BROILING.**—Have clear, glowing coals for broiling. If a wood fire is used, half an hour before they are wanted, put one or two sticks of hard wood among the others in the stove; when these are burned down to coals, rake them out in front, having it free from ashes, and using only the clear coals—any smoking embers will flavor the meat—put the gridiron upon them. When stone-coal is used, the fire must be made so that all the dust and smoke will have burned off, and the fire be bright, without any blaze; take off the covers of the stove and put on the gridiron. Let the gridiron warm before the meat is placed upon it. Do not beat and pound steaks or chops if they are tender enough without; they are always dryer for it, as breaking the flesh lets the juice out; do not even squeeze them upon the gridiron or platter, when turning, but save as much of the gravy as possible which does come from the meat, to pour over it when done. Broiled meats should be served as soon as done.

**FRYING.**—Many housewives have but one way of cooking every variety of meat which comes to their kitchen. They fry, fry, fry—turning juicy steaks, tender chops, and rebellious ribs, into tough, greasy, indigestible, leathery looking dishes, which their husbands swallow, year after year, without knowing why they feel so dyspeptic. Most kinds of fish are excellent and healthy when fried; but there is hardly any kind of fish or flesh which is not better broiled—even slices of salt pork. The frying-pan should be used in moderation.

Observe: Many dishes which are perfect when just p

pared, lose half their excellence when allowed to stand too long before serving. Roast meat is better to be placed upon the table soon after it is done: broiled meat always should be.

### Beef.

When it is young, it has a fine, smooth grain, is a good red color, and feels tender. The fat should be more white than yellow; when it is of a deep color, the meat is seldom healthy.

**ROAST BEEF.**—A large sirloin of fifteen pounds requires from three to four hours. Smaller pieces are a proportionately less time in doing. Put a little dripping in the pan to begin with, if you have it. Cover the fat parts with paper, to prevent their doing too much. Baste it with the drippings every fifteen minutes, until nearly done; then sprinkle a little salt over it, baste it with butter, and dredge it with flour. When done, take it up, and use the drippings for making a brown gravy, by adding hot water and thickening with flour; add any seasoning liked, as chopped parsley. Have horse-radish, tomato, or mushroom catsup, or Worcestershire sauce for a relish.

**RIBS OF BEEF BONED AND ROLLED.**—Take the bones from a rib piece with a very sharp knife. Stuff the cavities with a nice, rich stuffing; roll the beef up in a circular form, and wind it around three or four times, to keep it in shape, with a piece of string. Roast it; baste it well while doing, as it will be in so compact a mass, it will take longer than the same weight upon the ribs. This is not only very handsome and easily carved while hot, but it is delicious, cold, for supper, breakfast, or luncheon.

**BOILED BEEF, PLAIN.**—Boil it according to the directions for boiling, fifteen to twenty minutes for each pound of the meat. Throw some salt in the water half an hour before it is taken up. Make soup of the water.

Corned Beef should be boiled in plenty of water to reduce the salt. It should be accompanied by a variety of vegetables. Some persons boil them in the same pot, after carefully washing them. Mustard should be ready in the culet. It is a good plan to boil a large piece of corned beef at one time, since it is an excellent thing sliced cold, in sandwiches for luncheon, or made into hash with cold boiled potatoes for breakfast.

**BEEF ALAMODE.**—Cut the meat into pieces of three or four ounces each, mince a couple of onions and put them, with a quarter-pound of beef-dripping, into a large, deep stew-pan. As soon as it is quite hot, flour the meat, put it in the pan, keep stirring it; when it has been on about ten minutes, dredge it with flour until you have stirred in as much as will thicken; then cover it with boiling water, adding it gradually, and stirring it at the time (it will take two quarts to six pounds of meat); skim it when it boils; then put in one drachm of ground black pepper, two of allspice, and two bay cloves; set the pan by the fire, or at a distance over it; let it stew *very slowly* for two or three hours. When you find the meat sufficiently tender, put it into a tureen, and it is ready for the table.

**ALAMODE BEEF—ANOTHER WAY.**—Take six or eight pounds of the round of beef, score it deep upon both sides, fill the gashes with a stuffing made of sweet herbs, suet, and one or two carrots chopped fine—the more herbs the better—pepper it well with cayenne pepper; tie it together so that the filling will not drop out of the gashes; put it upon the dripping-pan, with a little water to begin basting with; baste it frequently. It will take two hours or over to bake or roast.

**BEEF BROILED.**—Slices about an inch thick, from the sirloin, are the choicest for broilings. Cut from the round of a young beef, they will do very well. There is a difference in the price. Do not beat them, unless they are tough. Broil them quickly over clear coals. Salt and butter them when taken upon the platter; serve immediately.

**BEEF FRIED.**—Put a small piece of butter in the frying-pan; turn the meat two or three times; dredge it, if you please, with pepper, salt, and bread-crumbs. Do not let it cook until leathery. Take it up and pour over the gravy from the pan: or turn a little cream into the pan, thicken it slightly with flour, and pour over the meat.

**BEEF STEWED.**—Stew in sufficient water to cover the meat; when tender, take out the bones and skim off the fat. Have ready either mushrooms, truffles, or vegetables boiled and cut into shapes. Lay them on and around the beef. Thicken the gravy, season it with spices, pepper, or simply with salt, as preferred; pour it over the dish.



**BEEF PIE.**—Make a nice crust, a little richer than for biscuit; chop up pieces of the boiled round of beef, when you have them cold; season with salt, pepper, and butter, and with onions if you like; line a basin with crust, rolled about half an inch thick; fill with the beef, moistened with gravy or water; dredge in a little flour; cover; bake half an hour.

**TO COLLAR BEEF.**—Choose the thinnest end of the flank of beef; it must not be too fat or too lean; the weight will be from eight to ten pounds; let it hang in a cool place twenty-four hours; when the skin appears moist, rub in some coarse brown sugar, and in forty-eight hours afterward, you may place it in a pan in which there is a brine, made of three-quarters of a pound of salt and an ounce and a half extract of saltpetre; rub it well with the brine for a week; take out the bones, the gristle, and the inner skin.

Make a seasoning of sweet herbs, parsely, sage, pepper, ground spice, and salt; cover the beef well with it, roll it in a cloth, and tie it firmly and securely with broad tape; boil it six hours, but boil gently; take it out, and while hot, without disturbing the fastenings, place upon it a weight, that when cold, and unrolled, it may retain its shape.

**BEEF CAKE.**—Choose lean beef; it should also be very tender; if a pound, put six ounces of beef suet; mince freely, and season with cloves, mace, and salt, in fine powder; put the largest proportion of salt, and least of mace; add half the quantity of the latter of cayenne; cut into thin slices a pound of bacon, and lay them all around the inside, but not at the bottom of a baking dish; put in the meat, pressing it closely down; cover it with the remaining slices of bacon; lay a plate over it, face downwards, and upon it something heavy to keep it from shifting. If there be three pounds of beef, bake two hours and a half; remove the bacon, and serve with a little rich gravy. These cakes may be made of mutton, or veal, or venison.

**FRICASEED BEEF.**—Take any piece of beef from the fore-quarter, such as is generally used for corning, and cook it tender in just water sufficient to have it all evaporate in cooking. When about half done, put in salt enough to just season it well, and half a teaspoonful of pepper. If the water should not be done out soon enough.

turn it off and let it fry fifteen minutes, turning it often; and it is even better than the best roast beef. Make your gravy of the dripping. Take one or two table-spoonsful of flour, and add first the fat; when mixed, pour on the hot juice of the meat, or hot water from the tea-kettle, and your gravy will be nice. Serve with vegetables and salad, or apple-sauce.

**BEEF'S HEART.**—Cut open, remove the ventricles, soak in water to free it of blood, and parboil it about ten minutes. Prepare a highly seasoned stuffing, and fill it; tie a string around to secure it; roast until tender. Add butter and flour to the gravy, and serve it up hot in a covered dish. Garnish it with cloves stuck in it, and eat with jelly.

They are also good boiled tender, cut in thin slices and fried, with plenty of salt and pepper.

**POTTED BEEF.**—To a pound of common salt, put a quarter of an ounce of saltpetre, and two ounces of coarse sugar. Rub three pounds of lean beef with this, and let it remain in the brine fifty hours. Drain and dry it; pepper it well with black pepper; put it into a pan; cut half a pound of butter in slices, and lay round it; lay a paste crust over it, and bake it very slowly four hours and a half. Let it get cold, and then cut off the meat, being careful to separate the stringy pieces from it; pound it in a mortar, working up with it four ounces of fresh butter, and some of the gravy from the meat when baked, seasoned with ground allspice, a little mace and pepper. When the meat has been combined with the butter and gravy, until it is worked into an even paste, put it into jars, and cover with clarified butter.

**TO DRESS BEEF TONGUES.**—To dress them, boil the tongue tender; it will take five hours; always dress them as they come out of the pickle, unless they have been very long there; then they may be soaked three or four hours in cold water; or if they have been smoked, and hung long, they should be softened, by lying in water five or six hours; they should be brought to a boil gently, and then simmer until tender.

**SMOKED BEEF.**—One quart of molasses, thick with salt; one tablespoon full of saltpetre. The meat to be well rubbed with this; then let it lie three weeks before smoking.

**PICKLE FOR CORNING BEEF.**—For one hundred pounds beef, six gallons water; nine pounds salt, half coarse, half fine; three pounds brown sugar; one quart of molasses; three ounces saltpetre; one ounce of pearlash. Boil it all together, skim off the seum, and after packing the beef in a tub or barrel, pour the hot contents over the meat. This partially cooks it, makes it tender, and keeps it sweet.

### Veal.

Veal, when of a good quality, is a very delicate meat, and especially nice in stews and pot-pies. It should not be eaten in extreme warm weather; nor be given to young children who are teething. Care must be taken, especially in cities, that the veal has not been killed too soon after its birth; as it is not an infrequent trick for butchers to serve up "kittens" or veal which is but a day or two, or, at most, a few days old. It is a meat which will bear high seasoning; and which requires thorough cooking. Beef will be found all the more tender and digestible for being very rare; whereas veal, to be healthy or palatable, must be well-done.

**BOILED VEAL.**—Cut steaks from the round, or take the chops, which are preferable, broil them handsomely, butter them well, and serve them very hot.

**FRIED CHOPS.**—Put a good piece of butter in your frying-pan; let it become hot; dip the chops in a batter of egg and flour, or egg alone, or bread crumbs, pepper and salt, and fry a rich brown upon both sides.

**VEAL PIE, BAKED.**—Any part of the veal will do for this; the shank is very good. Boil until tender in sufficient water to make a broth for filling the pie. Make a crust, a little richer than biscuit crust, either of soda and cream of tartar, or, if baking-day, of your bread-dough well-shortened; roll it out half an inch thick, reserving enough to cover the top, and line a deep baking-pan or basin with it. Put in a layer of veal, cut in small pieces, dredge with pepper, salt, a little flour; season with butter, and put some very thin pieces of the crust on; then form another layer of the rest of the veal, season as the first; pour on the broth which remains in the kettle, or enough to nearly fill the basin; put on the cover of paste, bake half or three quarters of an hour. If you have broth remaining, thicken it, and send it to table as gravy to be



served with the pie. If you wish a richer crust, you can make one of puff-paste.

**TO BOIL A LEG OF VEAL.**—Let the water boil before putting the meat in. Boil a few slices of salt pork with it; but not vegetables. When done, make a gravy of drawn butter.

**LEG OF VEAL, ROASTED.**—Take out the bone, and stuff the hollow with highly-seasoned stuffing. It must be well-done, and basted often.

**LOIN OF VEAL, STEWED.**—The chump end is the part to stew. Put it well-floured into a stew-pan with butter; after the butter has been browned over the fire, brown it, and when a good color, pour in enough veal broth to half cover it; put in two carrots cut in pieces, an onion, a little parsley, and a small bunch of sweet herbs; stew it two hours and a half, turn it when half done; when enough, take out the meat, thicken the broth, season it, and pour over the veal.

**SHOULDER OF VEAL.**—Remove the knuckle, and roast what remains, as the fillet; it may or may not be stuffed at pleasure; if not stuffed, serve with oyster or mushroom sauce; if stuffed, with melted butter.

**CALVES' FEET.**—They should be very clean; boil them three hours, or until they are tender; serve them with parsley and butter.

**CALVES' FEET FRICASEED.**—Soak them three hours; simmer them in equal proportions of milk and water, until they are sufficiently tender to remove the meat from the bones in good-sized pieces. Dip them in yolk of an egg, cover them with fine bread crumbs; pepper and salt them; fry a beautiful brown, and serve in white sauce.

**CALF'S HEAD.**—Let the head be thoroughly cleaned; the brains and tongue be taken out; boil it in a cloth to keep it white; (it is well to soak the head for two or three hours previously to boiling; it helps to improve the color); wash, soak, and blanch the brains; then boil them; scald some sage, chop it fine, add pepper, and salt, and a little milk; mix it with the brains. The tongue, which should be soaked in salt and water for twenty-four hours, should be boiled, peeled, and served on a separate dish. The head should boil until tender and if intended to be sent to table

plainly, should be served, as taken up, with melted butter and parsley; if otherwise, when the head is boiled sufficiently tender, take it up, spread over a coat of the yolk of egg well beaten up; powder with bread crumbs, and brown before the fire, in an oven.

**CALF'S LIVER.**—Lay the liver in vinegar for twelve hours, it will render it firm; dip it in cold spring water, and wipe it dry; cut it in even slices; sprinkle sweet herbs, crumbled finely, over it; add pepper and salt, and dredge with flour; fry in boiling lard or butter—the last is preferable; remove the liver when fried a nice brown; pour away a portion of the fat, and pour in a cup full of water with a lump of butter well rolled in flour, in which a spoonful of vinegar and cayenne or lemon juice has been stirred; boil it up, keeping it stirred all the while, and serve the liver up in it; thin slices of hot fried bacon should be sent to table with it.

### Mutton.

Choose this by its fine grain, good color, and white fat. If lamb has a green or yellow cast, it is stale. Mutton is in its prime when about five years old. If too young, the flesh feels tender when pinched; if too old, on being pinched it wrinkles up, and so remains. In sheep diseased of the rot, the flesh is very pale-colored, inclining to yellow, the meat appears loose from the bone, and, if squeezed, drops of water ooze out from the grains; after cooking the meat drops clear away from the bones. Wether mutton is preferred to that of the ewe; it may be known by the lump of fat inside of the thigh. Lamb will not keep very long after it is killed. Mutton is best in winter, spring, and autumn. Grass lamb is in season from June to August. Mutton is one of the healthiest of meats; and when well-dressed by the butcher, and well-prepared by the cook, is, in every respect, desirable. A leg or saddle of mutton will take about two hours and a half to roast or boil; lamb, from an hour and half to two hours.

**MUTTON CHOPS.**—Take pieces of mutton that are not good for steak, rib or other pieces, have them cut small, and boil them in water sufficient to cook them tender; add salt, pepper, and, if not fat enough to make good gravy, add a little butter; or, if preferred, cut a little pork fine and boil with the meat, which will make it nearly salt.

enough, and sufficient gravy; let them fry, after the water is out, a little brown.

**MUTTON CHOPS BROILED.**—Cut from the best end of the loin; trim them nicely, removing fat or skin, leaving only enough of the former to make them palatable; let the fire be very clear before placing the chops on the gridiron; turn them frequently, taking care that the fork is not put into the lean part of the chop; season them with pepper and salt; spread a little fresh butter over each chop when nearly done, and send them to table upon very hot plates.

**CHOPS AS BEEFSTEAKS.**—Cut thick from a leg of mutton, and rub each steak with a shallot; broil over a quick fire; rub your dish with shallot; when on the dish pepper and salt it; send it up quite hot.

**MUTTON STEAKS.**—The steaks are cut from the thick or fillet end of a leg of mutton, and dressed as rump steaks.

**NECK OF MUTTON.**—This dish is most useful for broth, but may be made a pleasant dish by judicious cooking. To send it to table merely boiled or baked, is to disgust the partaker of it. When it is cooked as a single dish, first boil it slowly until nearly done, then having moistened a quantity of bread crumbs and sweet herbs, chopped very fine, with the yolk of an egg, let the mutton be covered with it, and place in a Dutch or American oven before the fire, and served when nicely browned. The breast may be cooked in the same manner.

**SHOULDER OF MUTTON.**—Must be well roasted, and sent to table with skin a nice brown; it is served with onion sauce. This is the plainest fashion, and for small families the best.

**LEG OF MUTTON BOILED.**—Should be first soaked for an hour and a half in salt and water, care being taken that the water be not too salt, then wiped and boiled in a floured cloth; the time necessary for boiling will depend upon the weight; two hours or two hours and a half should be about the time; it should be served with turnips mashed, potatoes, greens, and caper sauce, or brown cucumber, or oyster sauce.

**LEG OF MUTTON ROASTED.**—Like the haunch and saddle, should be hung before cooking, and be slowly roasted and served with onion sauce or currant jelly.



**HAUNCH OF MUTTON.**—The haunch should be hung as long as possible without being tainted, it should be washed with vinegar every day while hanging, and dried thoroughly after each washing; if the weather be muggy, rubbing with sugar will prevent its turning sour; if warm weather, pepper and ground ginger rubbed over it will keep off the flies.

When ready for roasting, paper the fat, commence roasting some distance from the fire, baste with milk and water first, and then, when the fat begins dripping, change the dish and baste with its own dripping; half an hour previous to its being done, remove the paper from the fat, place it closer to the fire, baste well, serve with currant jelly.

**SADDLE OF MUTTON.**—This joint, like the haunch, gains much of its flavor from hanging for some period; the skin should be taken off, but skewered on again until within rather more than a quarter of an hour of its being done; then let it be taken off, dredge the saddle with flour, baste well. The kidneys may be removed or remain at pleasure, but the fat which is found within the saddle should be removed previous to cooking.

**MUTTON CUTLETS.**—Loin chops make the best cutlets. Take off the vertebra or thickest end of each bone, and about an inch off the top of the bone; put the chops into a stew-pan in which has been previously melted a little butter seasoned with salt; stew for a short time, but not until they are brown, as that appearance is accomplished in another manner. Chop some parsley very fine; add a little thyme; mix it with sufficient yolk of egg to coat the chops, which will have been suffered to cool before this addition to them; then powder them with bread crumbs over which a pinch of cayenne pepper has been sprinkled; broil them upon a gridiron over a clear but not a brisk fire; when they are brown, dish them; lemon juice may be squeezed over them, or the dish in which they are served may be garnished with thin slices of lemon in halves and quarters.

**IRISH STEW.**—Take two or three pounds of the neck of mutton, cut it into chops; pare three pounds of potatoes cut them into thick slices, put them into a stew-pan with a quart of water; two or three carrots, turnips, or onions

may be added, the last are seldom omitted; salt and pepper the mutton when added to the gravy, let it boil or simmer gently two hours, and serve very hot; its excellence much depends on the last instructions being fulfilled.

HASH—Is made from former dressed mutton, leg or saddle, cut in nice, thin-shaped pieces, and put into some good brown sauce.

LEG OF LAMB, ROASTED.—The rules laid down for roasting mutton must be scrupulously observed with respect to lamb; let it roast gradually, and commence a distance from the fire; a leg of five pounds will take an hour and a quarter; one of six pounds, will take an hour and a half.

FORE QUARTER OF LAMB, ROASTED.—This is the favorite, and indeed, the best joint. Do not put it too near the fire, at first; when it gets heated, baste it well; the fire should be quick, clear, but not fierce; the usual weight of a fore-quarter is between nine and eleven pounds; it will take two hours; when it is done, separate the shoulder from the ribs; but before it is quite taken off, lay under a large lump of butter; squeeze a lemon, and season with pepper and salt; let it remain long enough to quite melt the butter; then remove the shoulder, and lay it on another dish.

LAMB STEWED WITH PEAS.—Cut the scrag or breast of lamb in pieces, and put it in a stewpan, with water enough to cover it. Cover the stewpan close, and let it simmer or stew for fifteen or twenty minutes; take off the scum; then add a tablespoonful of salt, and a quart of shelled peas; cover the stewpan, and let them stew for half an hour; work a small tablespoonful of wheat flour with a quarter of a pound of butter, and stir it into the stew; add a small teaspoonful of pepper; let it simmer together for ten minutes. Serve with new potatoes, boiled.

### Pork.

Pork requires thorough cooking and high seasoning. It is not very wholesome, especially when swill-fed, as the most of it is. It should not be given freely to young children. Fat pork is not so economical for the laboring classes, as they have grown to consider it. Fat is not so nourishing as flesh, and where much flesh cannot be afforded, soup-bones, with cheap pieces of meat for boiling, are more nutritious, healthy, and afford more variety than too much bacon.

**PORK STEAK.**—This should be broiled the same as beef, except that it requires to be done slower, and much longer. If there is too much fire, it will blaze. Cut in around the bone, that there shall be nothing that has a raw appearance.

**TO FRY PORK.**—If too salt, freshen by heating it in water, after it is cut in slices. Then pour off the water, and fry until done. Take out the pork, and stir a spoonful of flour into the lard, and turn in milk or cream enough to thicken. This makes a more delicate gravy, and is very palatable.

**TO ROAST PORK.**—When you roast that which has the skin on, take a sharp knife, and cut it through the rind, that it may crisp well. If a leg, cut a hole under the twist, and stuff it with chopped bread, seasoned with pepper, salt, and sage, and skewer it up. Roast it crisp, and handsomely brown. Make a drawn gravy of the dripping, and serve it with apple-sauce. This is called mock-goose. The spare-rib should be sprinkled with flour and pepper, and a little salt, and turned often, until nearly done; then let the round side lie up until nicely brown. Make the gravy of the dripping, prepared with flour, and seasoned well with salt. Never send it to the table without apple-sauce, salad, pickles, or slaw. Pork must be well done. To every pound allow a quarter of an hour. For example, twelve pounds will require three hours. If it be a thin piece of that weight, two hours will roast it.

**SPARE-RIB OF PORK, ROASTED.**—You must joint this down the middle, and sprinkle it with a little fine sage and salt; baste and flour it well; apple-sauce in a boat.

**TO BROIL HAM.**—Cut the pieces in thin slices; soak them in hot water fifteen or twenty minutes. Dry them in a cloth and lay them on a hot gridiron, and broil a few moments. Butter and season with a little pepper.

**TO BOIL A HAM.**—Soak, according to its age, twelve to twenty-four hours. Have it more than covered with cold water, and let it simmer two or three hours, and then boil an hour and a half or two hours; skim it carefully. When done, take it up and skin it neatly; dress it with cloves and spots of pepper laid on accurately. You may cut writing or tissue paper in fringe, and twist around the shank bone if you like. It should be cut past the center, nearest the hock, in very thin slices.



- **PIG'S FEET STEWED.**—Clean, split, and loil tender; put them into a stewpan with enough gravy to cover them, an onion sliced, a few sage leaves, whole black pepper, allspice, and salt; stew forty minutes; strain off the gravy, thicken with flour and butter; add two spoonfuls of vinegar, or one dessert-spoonful of lemon pickle; serve it up with the feet.

**SOUSE.**—Boil it until it is tender and will slip off the bone. If designed to pickle and keep on hand, throw it into cold water, and take out the bones; then pack it into a jar, and boil with the jelly-liquor an equal quantity of vinegar, salt enough to season; cloves, cinnamon, pepper enough to make it pleasant, and pour it on the souse scalding hot, and when wanted for use, warm it in the liquor, or make a batter and dip each piece in, and fry in hot butter. This way is usually preferred, and is as nice as tripe.

**HEAD CHEESE.**—Thoroughly clean the hog's head, split it in two, take out the eyes and brains, cut off the nose and ears, and pour scalding water over the latter and the head, and scrape them clean. Then rinse all in cold water, and put it into water to cover it; let it boil gently, taking off the seum as it rises; when boiled so that the bones leave the meat readily, take it from the water into a large wooden bowl or tray; take from it every particle of bone; chop the meat small, and season to taste with salt and pepper, and if liked, a little chopped sage or thyme; spread a cloth in a cullender or sieve; set it in a deep dish, and put the meat in, then fold the cloth closely over it, lay a plate on, which may press equally the whole surface. Let the weight be more or less heavy, according as you may wish the cheese to be fat or lean; a heavy weight by pressing out the fat, will of course leave the cheese lean.

When cold, scrape off whatever fat may be found on the outside of the cloth, and keep the cheese in the cloth in a cool place. To be eaten sliced thin, with or without mustard and vinegar, or catsup.

**FINE SAUSAGES.**—Have two-thirds lean and one-third fat pork, chop very fine. Season with nine teaspoonfuls of pepper, nine of salt, three of powdered sage, to every pound of meat. Add to every panful, half a cup of sugar. Warm the meat, that you can mix it well with your hands; do up a part in small patties, with a little flour mixed with

them; and the rest pack in jars. When used, do it up in small cakes, and flour on the outside, and fry in butter or alone. They should not be covered or they will fall to pieces. A little cinnamon to a part of them will be a pleasant addition; the sugar is a great improvement. They should be kept where it is cool, but not damp. They are very nice for breakfast.

**PICKLE FOR HAMS.**—To eighty pounds of ham, take four ounces brown sugar, three ounces saltpetre, and one quart fine salt. Mix well together and rub the paste on the hams. Place the hams in a tub or cask, to prevent the paste wasting; turn and rub them with it every day for three or four days; then add two quarts of salt to the eighty pounds, adding water enough to cover. In fifteen days smoke them.

**SALTING PORK.**—It is important to have the pork well cooled before salting, and it should not remain unsalted long after cooling. It should never be allowed to freeze. It should always have a great supply of salt, of the strongest quality, and brine should be made and poured into the barrel. For if nothing but water is put in with the salt, the pork may be injured before the salt is melted enough to make good brine. The meat should have a weight upon it to keep it under the brine; for if pieces of meat are permitted to rise above the brine, they will be tainted and will not taste sweet, as well-salted always will. A wooden cover is often used to keep the meat under the brine, but a stone cover is better. A hole may be drilled in a stone cover, and a handle inserted at a small cost. Agitation of the pork barrel daily will have the effect of preventing the accumulation of scum on the surface, or it may be skimmed off as soon as it rises.

**TO MELT LARD.**—Take the inner fat of a newly killed pig and strip off the skin completely and carefully, slice it and put it into a jar, and set the jar in a pan of boiling water; let it melt, and when perfectly fluid, pour it into dry, clean jars, and cover them closely; it may be kept some time in a dry place, and when used, may be mixed with butter for pastry, for frying fish, and many other purposes in cooking.

## Venison.

When good, the fat is clear, bright, and of considerable thickness. Venison should be accompanied by currant jelly, always; and its peculiar excellence will depend much upon its being served very hot.

**STEAKS**—Should be broiled, well buttered, and sent to table immediately upon well-warmed dishes.

**HAUNCH OF VENISON, ROASTED.**—The haunch of venison, when about to be roasted, should be washed in warm milk and water, and dried with a clean cloth; if it has hung very long and the skin smells musty, it will be the safest plan to remove the skin and wrap the whole of the haunch in paper, well greased with fresh butter; during the time it is at the fire, do not be afraid of basting it too much. It will require all the cook is likely to give it; if it be a buck haunch, and large, it will take nearly four hours within five or ten minutes; if comparatively small, three hours and a half will suffice; if a doe haunch, three hours and a quarter will be enough. Remove the paper when it is done enough; dredge quickly with flour to produce a froth. Dish it, and serve; let there be nothing with it in the dish; but the gravy should be sent to table in its proper dish, accompanied by currant jelly. The haunch is not unfrequently roasted in a paste, which in its turn is inclosed in paper, removed when the joint is nearly cooked. The above is the simplest, and not the least palatable mode of sending it to table.

**VENISON PIE.**—Venison makes an excellent pot-pie, either baked or boiled. It should be first stewed tender, like veal or chicken, and is made in precisely the same manner: except that it requires rather higher seasoning.

## Poultry and Game.

In choosing poultry, the age of the bird is the chief point to be attended to. An old turkey has rough and reddish legs; a young one, smooth and black. Fresh killed, the eyes are full and clear, and the feet moist. When it has been kept too long, the parts about the vent begin to wear a greenish, discolored appearance. Common fowls, when young, have the legs and comb smooth; when old, they are rough, and on the breast, long hairs are found instead of feathers. Fowls and chickens should be plump on the breast, fat on the back, and white-legged.



The bills and feet of Geese are yellow when young, red when old. Fresh killed, the feet are pliable; stiff, when too long kept. Choose Ducks with supple feet, and hard, plump breasts. Tame Ducks have yellow feet; wild ones, red. Suppleness of the feet show Pigeons to be young, they will not bear to be kept long after killing.

**ROAST TURKEY.**—Remove the vent with the knife; cut a slit from the end of the breast bone, to take out the entrails, taking care not to break the gall on the liver, or it must be thrown away. Take off the feet, and bruise the bone close to the foot, and draw out the string from the leg; cut a slit in the back of the neck; pass your finger around in front, and draw out the crop; cut the neck short, leaving skin enough to fasten over against the back; wash the inside with cold water; wipe it dry; mix a tablespoonful of salt with a teaspoonful of pepper; rub the inside well with this, and also the place of the crop.

Prepare the stuffing with bread, salt, pepper, butter, cinnamon, or nutmeg, or a little lemon-peel, or parsley and thyme; chop, and mix all well together, with one or two eggs, beaten well. With this dressing, stuff the body and the breast, and sew them with a strong thread. Also fill the crop; then draw the skin of the neck over the back, and fasten it with a skewer; turn the legs close to the body, and run skewers through each hip joint, and tie the ends of the legs together. Roast the turkey to a fine brown; baste it frequently with the liquor in the pan. It will be done in one hour and a half; or, if old and very large, two hours or more. Make a gravy of drawn butter and the dripping. Another sauce is made of half a pint of oysters, boiled in a pan, thickened with a lump of butter rolled in flour. Only let it boil once. Serve this by itself, in connection with other gravy, for every person does not like oyster sauce.

Take up the roast; draw the skewers out, and take out the threads; lay it in a dish, on its back, and serve with mashed potatoes, turnips mashed, dressed celery, pickles, and stewed apples; cold boiled ham or tongue, for a large dinner.

Mince pies for Christmas; pumpkin and apple pies for Thanksgiving.

**BOILED TURKEY.**—Prepare the same as for roasting

Stuff it with bread, seasoned with butter, pepper, salt, and a little sweet herbs. Boil according to the size. Make a gravy in the kettle, and serve it in the gravy boat. Have some kind of tart jelly or cranberry sauce.

**ROAST AND BAKED GOOSE.**—Prepare the goose for roasting the same as turkey. Cut wheat bread in slices; pour hot water over; then add a teaspoonful of salt, and the same of ground pepper, and a quarter of a pound of sweet butter, with a table-spoonful of finely powdered sage or thyme, if liked. Fill the body; then sew up the slit; tie the ends of the legs together, or cut a place and put them in the body; pass a skewer through the hips; put the heart and liver between the wings and the body, and fasten close to it, with a skewer; split it; put a pint of water in the pan, with a teaspoonful of salt, to baste with; roast by a bright, steady, and clear fire, and baste freely, and turn it, after it has begun to roast. When nearly done, add a quarter of a pound of butter to the pan, and baste with it; dredge a little flour over it; turn it, that every part may be well done; allow fifteen minutes for each pound of meat.

If the gravy is very fat, take some of it off; put the pan over the fire; let it become hot; then stir it into a thin batter, made of a teaspoonful of wheat flour and cold water; stir it until it is brown and smooth; when done, pour the gravy through a gravy strainer, into a tureen.

A goose may be equally well dressed, in a hot oven or stove, with the same preparation. It should be placed upon its back, in the pan, upon a trivet of muffin rings, with water in the pan, and bits of butter over the body. Baste it freely till done.

Plain boiled or mashed potatoes, mashed yellow turnips, or winter squash, apples stewed without sugar, or cranberry jam, boiled onions, pickles, and dressed celery.

Dessert: Appré, pumpkin, custard, or mince pies.

A young goose may be cut up and made into a pot or other pie.

**DUCKS.**—These ought to lie over night in salt and water. They are then done the same as goose; onion is usually added to the stuffing, unless they are canvas-back.

**ROAST FOWL.**—Clean the fowl thoroughly; roast it twenty minutes, unless a very fine one, and then it will take

three-quarters of an hour; dredge with a little flour, and paste well; serve with bread sauce, or parsley and butter; egg sauce is sometimes sent to table with it.

If a small lump of salt butter, well covered with black pepper, is placed within the fowl previous to roasting, it will be found to improve it, by removing the dryness which is met with in the back or side bones, or it may be stuffed.

Mashed potatoes, tomatoes stewed, mashed turnips (rutabaga or yellow are best), dressed celery, or lettuce, pickles, and mangoes, are served with roast fowls. Also currant jelly, stewed apples, or cranberry jam.

A fowl may be roasted in a hot stove-oven, so as to be nearly as fine as before the fire; baste freely and often, and finish as directed for roasting.

**CHICKENS BOILED.**—The wings and legs of fowls should be fastened to the body by a cord tied around to keep them in place, instead of skewers. When thus prepared, let them lie in skim milk two hours. Then put them in cold water, cover them, and boil over a slow fire. Skim the water clean. Serve with white sauce, or drawn butter.

**FOWL BROILED.**—Separate the back of the fowl, and lay the two sides open; skewer the wings as for roasting; season well with pepper and salt, and broil; send to table with the inside of the fowl to the surface of the dish.

**TO FRICASSEE A FOWL.**—Cut it in pieces, jointing it well, and boil it tender, with a slice or two of pork, cut fine. When nearly done, add half a teaspoonful of pepper and salt to season it. When tender, turn off the water, and add half a pound of butter, or nearly that, and let it fry a while. Then take out the chicken, and stir in two or three spoonfuls of flour, previously dissolved in cold water, and add the water from the chicken. Let it boil, and pour it upon the chicken on the platter. This makes a superior dish, and needs no vegetables but mashed potatoes.

**CHICKEN PIE.**—Boil the chickens tender, or nearly so, having them cut in pieces. Make a rich crust, adding a little saleratus, an egg or two to make it light and puff. Lay it around the sides of the pan, and then lay in the chickens; between each layer sprinkle in flour, pepper, salt, and butter, with a thin slice of paste here and there. Then add the water in which they were boiled, and cover



them. They should be baked an hour or an hour and a half, according to the size of the pie.

**TO COOK PIGEONS.**—After they are well dressed, put a slice of salt pork and a little ball of stuffing into the body of each. Flour the pigeons well, and lay them close in the bottom of the pot. Just cover them with water, and throw in a piece of butter, and let them stew an hour and a quarter if young, if old, longer. This is preferred to roasting, or any other way they can be prepared. They may be cooked in the same way without stuffing.

**ROAST WOODCOCK, SNIPE, ETC.**—Dress them well. Put a bit of butter, pepper, and salt, mixed, into the body, or fill with mashed potatoes, seasoned with a bit of butter, pepper, and salt, and moistened with milk; cut off the pinions at the first joint; fasten the legs close to the ribs, and turn the head backward, sticking the bill between the leg and the body; rub over with pepper and salt, and hang on bird-spits, and set them before a hot fire; baste with a cup of water and butter; dredge flour or rolled cracker over, and baste continually for the last five minutes; lay slices of toast under to catch the dripping, and serve under the birds.

**SMALL BIRDS BROILED.**—After being dressed, split them down the back; spread them flat, and broil them very gently over a bright fire of coals; butter them; salt and pepper, and serve quickly.

### Fish.

When fish can be obtained, fresh and plentiful, they are cheaper than meat; and can be cooked in many ways to be very fine. But they are not so nutritious as meat, and the diet should not be confined to them. They might, however, be made much more use of than they are by many families, and nothing be lost in the way of excellence or variety. Fresh fish need to be *very* fresh, as they spoil quickly, and are, when the least tainted, unwholesome and unpalatable. Their freshness is usually told by the eyes, which should be full, not dried or sunken; and the flesh should be firm and the gills red.

**TO FRY FRESH FISH OR EELS.**—They require more fat than meat does; and butter is not so good as lard for this purpose. They should be thoroughly done through. The

fish should not be laid in until the fat is hot. Beat up an egg or two, and with a pastry brush lay it on the fish, shake crumbs of bread and flour mixed over the fish, and fry them a light brown, turn them once, and take care they do not break. A more common method is, to fry them after salt pork, dipping them in Indian meal or flour. Lay the skin uppermost, to prevent its breaking. Soaking fresh fish or fresh meat in water is injurious; after they are well dressed, they should be kept dry in a cool place, and, if necessary, salted.

**BAKED SHAD.**—In the first place make a stuffing of the head and cold boiled-ham, seasoned with pepper, salt, cloves, and sweet majoram, moisten it with beaten yelk of an egg. Stuff the fish, rub the outside with the yelk of egg, and some of the stuffing. Lay the fish in a deep pan, putting its tail to its mouth. Pour in the pan a little water, a piece of butter rolled in flour. Bake two hours, pour the gravy round it, garnished with lemon sliced, and send to table. Any fish may be baked in this way.

**TO BROIL FRESH FISH.**—Split, wash, and dry in a cloth. Season with salt and pepper. Grease the gridiron, lay the fish, the outside uppermost, over coals, and broil a quarter of an hour or more. Butter it well, season with pepper and salt; send to table hot.

**FRESH CODFISH BOILED.**—Put it in when the water is boiling hot, and boil it twenty or thirty minutes, according to the size of the fish. Use melted butter or oyster sauce for gravy.

**SALT CODFISH BOILED.**—Soak the fish twelve or fifteen hours. In the morning take it from the water, and clean it nicely with a brush. Put it into the fish-kettle, and rub over it a teacupful of molasses; cover it with water, and let it boil fifteen minutes; set your kettle back, where it will keep warm. Half an hour before dinner, put it on, and let it boil again. Slip it carefully from the strainer on to a dish, and cover with a white napkin. Serve with melted butter, and hard-boiled eggs. If these directions are followed, the fish will always be tender.

**CODFISH BALLS.**—Take the remains of the fish which was boiled for dinner, the next morning; mince them, mix them with an equal quantity of mashed potatoes, make them out in small biscuits, fry them brown in hot lard.

**TROUT, FRIED.**—Scale, gut, clean, dry, and flour; fry them in butter until they are a rich clear brown; fry some green parsley; crisp and make some plain melted butter; the butter may be poured over the fish, but it is most advisable to send it in a butter tureen.

**STEWED BLACK FISH.**—Stuff the fish with pork, onions, bread, salt and pepper. Lay it whole length in the kettle, keeping it well covered, to keep in the steam. When it is about half done, pour a little melted butter over it. Stew it very slowly for two hours.

**FRESH COD, BOILED.**—The thickness of this fish being very unequal, the head and shoulders greatly preponderating, it is seldom boiled whole, because in a large fish the tail, from its thinness in comparison to the upper part of the fish, would be very much overdone. Tie up the head and shoulders well, place it in the kettle with enough cold water to completely cover it; cast in a handful of salt. The fish, if a small one will be cooked in twenty minutes after it has boiled, if large it will take half an hour.

Serve with plain boiled potatoes and drawn butter, parsley, or egg sauce.

**CHOWDER.**—Fry three or four slices of salt pork till brown; cut each of your fish into five or six slices; flour and put a layer of them in your pork fat; sprinkle on pepper and a little salt; add cloves, mace, and sliced onions, if you like; lay on several bits of your fried pork, and crackers previously soaked soft in cold water. This process repeat till you get in all the fish; then turn on water enough to just cover them; put on a heated bakepan lid; when the fish have stewed about twenty minutes, take them up, and mix a couple of teaspoonfuls of flour with a little water, and stir it into the gravy; also a little butter and pepper. Spices and catsup will improve it. Bass and cod make the best chowder; black fish and clams make tolerably good ones. The hard part of the clams should be cut off and thrown away.



### A Few Nice Breakfast Dishes.

**FRESH-MEAT GRIDDLES.**—Chop all the bits of cold fresh beef or veal, season with salt and pepper; make a griddle batter, and lay a spoonful on the iron well-buttered, to prevent its sticking, then a spoonful of the chopped meat, then a spoonful of batter.

**CLAM GRIDDLES.**—Make a wheat batter in the usual way chop the clams fine, and stir in. Bake in the common way.

**OYSTER PANCAKES.**—Mix equal quantities of milk and oyster juice together. To a pint of the liquor, when mixed, put a pint of wheat flour, a few oysters, a couple of eggs, and a little salt. Drop by the large spoonful into hot lard.

**FISH BALLS.**—Chop the fish very small, add some grated bread, parsley, pepper, salt, a little butter, and an egg. Mix all well together, and make into balls; fry them brown.

**CODFISH TOAST.**—Shred it in fine pieces, and soak it in cold water, until sufficiently fresh; then drain it well, and stir into it a table-spoonful of flour, half a teacupful of sweet cream, and two-thirds of a teacup of milk, and one egg, if convenient. Season it well with pepper, and let it scald slow, stirring it well. Make a nice moist toast, well seasoned, and lay it on the platter, with the fish over it, and it is ready for the table, and is a fine dish. Made, as above, without toast, is also good; with vegetables, butter may be used instead of cream.

**RICE BALLS.**—Take the waste pieces of steak, or baked meat, chop fine, and season with salt, pepper, cloves, or cinnamon. Wash rice and mix with it, then tie up in cloths to shape balls, and boil half an hour, and serve with drawn butter.

**HASHED MUTTON.**—Cut the cold mutton into slices, as uniform as possible; flour them; pepper and salt them; put them into a stewpan, with some gravy made of an onion stewed with whole pepper and toasted bread, in a pint of water, to which a little walnut catsup has been added—this gravy should be stewed two hours before using—do not let the hash boil; when it is done, add a little thickening of butter, flour, and water, if required, and serve up with slices of toasted bread.

**HEAD CHEESE.**—Take the heads, tongues, and feet, and other pieces if you choose. Make them clean and soak them. Then boil until they will slip from the bones easily. Chop, and season with salt, black pepper, cloves, sage or sweet marjoram rubbed fine. Mix well and place it in a pan; set a plate on the top with a weight upon it. In two days it will be cold, and fit for use. Turn it out, and cut in slices for tea or breakfast.

**A NEW BREAKFAST DISH.**—Common ship-biscuits are really admirable adjuncts to the breakfast-table, not in their original brick-like state, but previously steeped for an hour or two in cold water, or covered for ten minutes with boiling water, and then toasted and buttered, are equal to muffins, and indeed, to our palate preferable. We consider them a delicacy when well dressed, and served to the table hot, with coffee or tea.

### SOUPS.

Skill in the preparation of soups, should be considered desirable by every housewife. They are easy of preparation, cheap, healthful, and excellent. From a shin-bone of beef, which costs but a few cents, stock may be made for soup, to serve two or three times for a moderate-sized family. Give the bone a boil of several hours, and let the liquor, if there is more than you wish for one occasion, be preserved in an earthen vessel, or stone jar. When wished, warm it up with whatever ingredients are intended to give character to the soup. This liquor will serve as the foundation for a great variety of soups, as it can be flavored with any thing liked, or thickened with any of the many preparations in vogue for making soups. To save space, we will just say that from a cheap piece of beef for boiling, or the skin (with the bones well cracked to extract their substance), you have the stock, which requires salt, some pepper, and just such other vegetables or herbs as you may desire; or rice, or macaroni, or noodles, or beans, or peas, or vermicelli; put in three-quarters of an hour before the soup is done. If you boil a leg of mutton, or veal, most delicate soup can be made from the liquor, after removing the meat, by adding any one of the above. Rice is preferred with veal, and makes a light, delicious soup. No soup should be *greasy*; grease ruins it; if the meat is fat, carefully scum off every floating particle of grease.

We do not propose to give varieties of those fancy soups, whose chief recommendation consists in the infinite number of little nothings which they contain; they are no better than plainer kinds, and require more time than our readers will wish to give them.

**BEEF SOUP.**—Beef soup should be stewed four hours at least, over a moderate fire, with a handful of rice, and just water enough to keep it covered. An hour before it is done put in two or three common-sized onions, and ten or twelve common potatoes, pared and sliced, and a few carrots, if you like; at the same time put in salt to season it well, and half a teaspoonful of pepper. A little lemon-peel some like, cut in thin slices, others prefer powdered sage and parsley, or savory, two teaspoonfuls. Stir up two or three eggs with milk and flour, and drop it in with a spoon.

**VERMICELLI SOUP.**—Make a rich soup of veal, mutton, or fowls—old fowls that are not good for other purposes will do for soup. A few slices of ham will be an addition. Season with salt, butter, two onions sliced, sweet herbs, a head of celery cut small. Boil until the meat falls to pieces. Strain it, add a quarter of a pound of vermicelli which has been scalded in boiling water. Season to your taste with salt and cayenne pepper, and let it boil five minutes. Lay two slices of bread in your tureen, and pour the soup upon it.

**PEA SOUP.**—If you use dry peas, soak them over night in a warm place. Early next morning boil them an hour, adding a teaspoonful of saleratus ten minutes before you change the water. Then, with fresh water and a pound of salt pork, boil three or four hours, or until they are perfectly soft. Green peas require only about an hour.

**BEAN SOUP.**—Is made in the same manner. A truly excellent bean-soup can be made, without a particle of meat of any kind, by allowing the beans to boil entirely to pieces, and adding a small piece of butter with the other seasoning. A ham-bone boiled with them, makes a palatable soup.

**SPLIT PEAS AND BARLEY SOUP.**—Take three pints of split peas, half a pint of pearl barley, half a pound of stale bread, and one turnip, sliced. Wash the peas and barley,



and steep them in fresh water at least twelve hours; place them over the fire; add the bread, turnip, and half a table-spoonful of sugar; boil till all are quite soft; rub them through a fine cullender, adding gradually a quart of boiling water; return the soup into the pan, and boil ten minutes.

**VEGETABLE AND RICE SOUP.**—Take one pound of turnips, half a pound of carrots, quarter of a pound of parsneps, half a pound of potatoes, and three table-spoonfuls of rice. Slice the vegetables; put the turnips, carrots, and parsneps into a pan with a quart of boiling water; add the rice (previously picked and washed); boil one hour; add the potatoes, with two quarts of water, and boil till all are well done. If too thin, a little rice flour, mixed with milk, may be stirred in, boiling afterward fifteen minutes.

**TOMATO SOUP.**—Scald and peel good ripe tomatoes: stew them one hour, and strain through a coarse sieve; stir in a very little wheaten flour to give it body, and brown sugar in the proportion of a teaspoonful to a quart of soup; then boil five minutes. This is one of the most agreeable and wholesome of the “fancy dishes.” Okra, or gumbo, is a good addition to this and many other kinds of soup.

The above three receipts are from the Hydropathic Cook Book. We have never tried them.

**MACCARONI SOUP.**—To a rich beef or other soup, in which there is no seasoning other than pepper or salt, add half a pound of small pipe macaroni; boil it in clear water until it is tender; then drain it, and cut it in pieces of an inch in length; boil it for fifteen minutes in the soup, and serve.

**FRENCH SOUP.**—To one quart of milk add, when boiling, about five boiled Irish potatoes, rubbed through a sieve, of which a paste is made; when the milk and potatoes have boiled up once, add three well-beaten eggs, and a piece of butter the size of an egg. If it boils after the eggs are added, it is apt to curdle; stir it round till it is well mixed, and serve it up.

**EGG DUMPLINGS FOR SOUP.**—To a half pint of milk put two well-beaten eggs, and as much wheat flour as will make a smooth, rather thick batter, free from lumps; drop this batter, a table-spoonful at a time, into boiling soup.

## VEGETABLES.

Vegetables and fruits are our best physicians. They should be furnished freely, at every table; care being taken, during the heat of summer, that *they are fresh*. Pic-plant secretes arsenic after being cut; and most vegetables acquire unhealthy qualities during the process of decomposition which goes on after they are gathered. First in the affections of the people, and most important of all, comes the potatoe.

POTATOES.—They should be kept covered in winter to keep them from freezing, but in summer they need a dry place, and should have the sprouts rubbed off. When boiled, they should be washed and only pared where it is necessary. If they are inclined to crack, put them in cold water. When they are done, pour it off, and keep them covered by the fire until they are wanted for the table. Old potatoes will require an hour if large, new ones, half an hour. Never send them to the table with the skins on, unless they are new. Potatoes are nice baked, but they require more than an hour in cooking.

When the skins become shriveled in spring, they should be pared, sliced, and boiled in a small quantity of water, as they will require but about fifteen minutes in boiling. Mash them with a beetle for the purpose, season them well with salt, sweet cream, or milk, enough to moisten, or butter will answer the same purpose. Dish them, and if you prefer, brown them on the top. Cold ones may be cooked in various ways. They are very nice sliced thin as possible, and warmed carefully in half a teacupful of cream, or milk, and salt to season them well. They make a favorite dish by being sliced rather thick, and broil them on the gridiron, and butter and salt them; they are nice, and look well, grated, minced with the yelk of an egg made in small cakes, and fried in butter for breakfast. "Snow balls" are mealy potatoes boiled, peeled, and pressed in a cloth into the shape of a ball. Potatoes boiled and mashed while hot, are good to use in making bread, cake, pudding, etc.; they save flour, and less shortening is necessary.

TOMATOES—If very ripe will skin easily; if not, pour scalding water on them, and let them remain in it four or five minutes. Peel and put them in a stew-pan, with a

table-spoonful of water, if not very juicy; if so, no water will be required. Put in a little salt, and stew them for half an hour; then turn them into a deep dish with buttered toast. Another way of cooking them, which is considered very nice by epicures, is to put them in a deep dish, with fine bread crumbs, crackers pounded fine, a layer of each alternately; put small bits of butter, a little salt and pepper on each layer—some cooks add a little nutmeg and sugar. Have a layer of bread crumbs on the top. Bake it three-quarters of an hour.

Tomatoes may be sliced thin, and served with salt, pepper, and vinegar over, for breakfast; or sliced, and strewn with sugar and grated nutmeg, for tea; for dinner they may be stewed, broiled, or baked.

**GREEN PEAS.**—A delicious vegetable, a grateful accessory to many dishes of a more substantial nature. Green peas should be sent to table *green*; no dish looks less tempting than peas if they wear an autumnal aspect. Peas should also be young, and as short a time as possible should be suffered to elapse between the periods of shelling and boiling. If it is a matter of consequence to send them to table in perfection, these rules must be strictly observed. They should be as near of a size as a discriminating eye can arrange them; they should be put in a colander, and some cold water suffered to run through them in order to wash them; then having the water in which they are to be boiled slightly salted, and boiling rapidly, pour in the peas; keep the saucepan uncovered, and keep them boiling swiftly until tender; they will take about twenty minutes, barely so long, unless older than they should be; drain completely, pour them into the tureen in which they are to be served, and in the center put a slice of butter, and when it has melted, stir round the peas gently, adding pepper and salt; serve as quickly and as hot as possible.

**GREENS.**—White mustard, spinach, water-cresses, dandelions, and the leaves and roots of very small beets, are the best greens. Boil them, with a little salt and saleratus in the water. If not fresh and plump, soak them in salt and water half an hour, before cooking them. When they are boiled enough, they will sink to the bottom of the pot.

**ONIONS.**—White onions are the best for boiling. Take



off the skins and lay them in cold water an hour or two before boiling. When boiled tender, serve them with butter, pepper, and salt over, or a drawn butter. The red ones are good sliced thin, with vinegar, pepper, and salt. Onions may be fried like potatoes.

**SQUASHES.**—Summer squashes, if very young, may be boiled whole; if not, they should be pared, quartered, and the seeds taken out. When boiled very tender, take them up, put them in a strong cloth, and press out all the water—mash them, salt and butter them to your taste. The neck part of the winter squash is the best. Cut it in narrow strips, take off the rind, and boil the squash in salt and water till tender; then drain off the water, and let the squash steam over a moderate fire for ten or twelve minutes. It is good mashed—if mashed, add a little butter.

**GREEN SWEET CORN.**—Corn is much sweeter to be boiled on the cob. If made into succotash, cut it from the cobs, and boil it with Lima beans, and a few slices of salt pork. It requires boiling from fifteen to thirty minutes, according to its age.

**STRING BEANS.**—When very young, the pods need only to be clipped, cut finely, and boiled till tender; when older, cut or break off the ends, strip off the strings that line their edges; cut or break each pod into three or four pieces, and boil. When made tender, a little cream or milk may be simmered with them a few minutes.

**DRY BEANS.**—Look them over, wash and soak over night. Cut a new piece of salt fat pork, not too large, as it will make the beans too salt and hard, cut the rind in thin strips, and change the water on the beans, and boil them together until the beans become soft. Take them out into a bean dish, or deep dish of some kind, lay the pork in the center, having the rind just above the beans, pepper them, and have gravy enough to almost cover. It should be about even with the beans, then set in an oven and bake an hour, or until the pork is crisped. Some add a little molasses, and they are more healthily cooked with a little saleratus. Soft water should be used, if possible, to boil in, or saleratus is necessary.

**LIMA BEANS.**—Wash them and boil two hours, or until they are soft; season with salt, pepper, and butter, not having much gravy. Use only water sufficient to boil

them. They may be kept through the winter by gathering them on a dry day, before they are the least hard, and packing them in their pods in a keg. Throw salt in the bottom, then a layer of pods, then salt, then pods, until it is full. Press down with a heavy weight, cover the keg closely, and keep in a cool, dry place. When used, soak them in the pods over night in cold water, the next day shell them, and soak until ready to boil.

**BEETS.**—Break off the leaves, but do not cut the beets, as that spoils both flavor and appearance; wash them and boil them till tender; then take them out into a basin of cold water, and rub all the outside skin off, with the hands; then slice them thin in a dish, and just cover them with cold vinegar, and sprinkle with pepper and salt; or quarter them, and lay them for a day or two in cold vinegar, as they are then fit for use. The tops of young beets are dressed as asparagus.

**VEGETABLE OYSTER, OR SALSIFY.**—This excellent plant grows like a parsnep, and is, in flavor, very much like fresh oysters. Scrape them, and cut them round in thin slips; boil them tender in milk and water, season them well with pepper, butter, and salt; make a nice toast, moistened with the gravy laid in the bottom of the dish, and pour the whole over it. You could scarcely detect the difference. There should be but a suitable quantity of the gravy, too much lessens the flavor. It is sometimes cut up and par-boiled, chopped fine, and fried in batter. The roots may be first cooked tender, then fried whole in batter.

**ASPARAGUS.**—Cut when two or three inches long, wash and place the heads all one way, and tie in bundles with thread or twine. Have your water boiling, with a little salt, and lay it in, keeping it boiling half or three-quarters of an hour, according to its age. Toast two slices of bread, moisten it with the water in which the asparagus is boiling, season with salt, and lay on a small platter or dish. Then drain the asparagus a moment, and, laying the heads inward, spread it on the toast, pouring over it melted butter and pepper.

**PARSNEPS.**—Pare, or scrape, or split them in two, that the inside may cook tender, which will be in two or three hours, according to their size. Dry them in a cloth when done, and pour melted butter over them in a dish, or serve

plain. They are good baked, or stewed with meat. They may be served with boiled ham, salt cod, or any boiled meat.

**CARROTS.**—These may be cooked as parsneps, to accompany boiled beef or mutton. Small ones will cook in an hour.

**CABBAGE**—All vegetables of this species should be carefully examined and washed, cut in two, and placed in cold water awhile, with a little common salt thrown into it. It is said that this will draw out the worms or insects, and that they will sink to the bottom, so that greens or cabbages may be made free from any thing of the kind. They should be boiled an hour or more, and the water pressed out before sent to table. They should be kept in the cellar, or in a hole in the ground.

**TURNIPS.**—When turnips are sweet and tender, they are best if boiled whole till soft, and then sent immediately to the table. If they are allowed to boil too long, they become bitterish. An hour is the medium time. They are less watery and better flavored when boiled with their skins on, and pared afterward.

**CAULIFLOWERS.**—Cut off the green leaves; cleanse the heads carefully from insects; soak them in cold water an hour, then boil in milk and water.

## SAUCES.

Sauces require constant attention while preparing, as they must be carefully stirred (unless cooked over steam), to prevent burning. We give a few of the simplest kinds.

**WHITE SAUCE.**—It is seldom necessary to buy meat for this favorite sauce, as the proportion of that flavor is but small. The water that has boiled fowls, veal, or rabbit; or a little broth that may be in the house; or the feet and necks of chickens, or raw or dressed veal, will suffice. Stew with a little water any of these, with a bit of lemon-peel, some sliced onions, some white pepper-corns, a little pounded mace or nutmeg, and a bunch of sweet herbs, until the flavor be good; then strain it and add a little good cream, a piece of butter, and a little flour; salt to your taste. A squeeze of lemon may be added after the sauce is taken off the fire, shaking it well. Yolk of egg is often used in fricassee; but if you have any cream, it is better, and the former is apt to curdle.



**CAPER SAUCE FOR FISH.**—Take some melted butter, into which throw a small bit of glaze; and when the sauce is in a state of readiness, throw into it some choice capers, salt, and pepper, and a spoonful of essence of anchovies.

**EGG SAUCE.**—Boil three eggs hard; cut them in small squares, and mix them in good butter sauce; make it very hot, and squeeze in some lemon juice before you serve it.

**PLAIN BUTTER SAUCE.**—Mix a lump of butter and a little salt with a large spoonful of flour. Pour boiling water on slowly, stirring it at the same time. Let it boil up once or twice.

**CRANBERRY SAUCE.**—Wash and pick a pint of cranberries; put them in a stewpan with a small teacup of water, and a large teacup of sugar over; cover them; let them stew gently for nearly an hour in a sauce-dish. For venison or turkey, a fine dressing.

**APPLE SAUCE.**—Stew rich, tart apples tender, having first cut them up, and season well with sugar and a little butter. For roast pork, a fine dressing.

**PUDDING SAUCE.**—Half a pound of sugar and a quarter of a pound of butter, rubbed to a cream; the rind and juice of a lemon, or any flavor preferred; or brandy or wine.

**SWEET SAUCE.**—Work a teacup of sugar into a teacup of butter, with a teaspoonful of flour and half a nutmeg, grated; when it is a smooth paste, stir gradually into it half a pint of boiling water; set it over the fire for ten minutes; stir it all the time; then turn it into a tureen, and serve with boiled batter or apple puddings. A glass of wine may be added to this, or a lemon sliced thin, and cut into dice; put it in before putting it on the fire.

### SALADS.

A good dressing for almost every kind of salad, is made by taking the yolks of eggs boiled until mealy, incorporating thoroughly with them equal parts of mustard and oil (or melted butter), and a little sugar and salt, adding about two parts of vinegar, which must be mixed thoroughly in. This dressing ought not to be added to lettuce, until just before it is eaten. Chicken salad is made by mincing two parts of chicken-meat and one of celery, and dressing with the above mixture, in the proportion of four eggs, and half a pint of oil, to one chicken; Lettuce is often eaten with

sugar and vinegar. It should be placed, nicely looked over and fresh from cold water, with the leaves unbroken, upon the table. Cabbage cut very fine, and dressed as a salad, makes an excellent relish.

Cold boiled fresh fish, left from former dinners, makes good salads. It should be picked or sliced up, and seasoned with cloves, anchovies, parsley, vinegar, &c.

**RADISHES.**—Wash them, and let them lie in clean cold water as soon as they are brought in. Before they go to table scrape off the outside skin, trim the sharp end, leave the stalk about an inch long; if large, split them in four, half way down, and send them to the table in tumblers, to be eaten with salt.

**CELERY.**—Scrape and wash it well, let it lie in cold water until just before used, dry it with a cloth, trim it, and split down the stalks almost to the bottom. Send it to table in a celery glass, and eat with salt only; or chop it fine and make a salad dressing for it.

## PIES.

The art of making good pie crust, lies in keeping the dough cold, not rolling it too much, nor working in too much flour while rolling, and yet having the ingredients evenly incorporated, so as to rise evenly. It is as good, and rather more flaky and tender, for common use, to be shortened with half or more lard, but when intended for very delicate pastries, tarts, &c., should be made entirely of butter. The richness of the crust will depend upon the amount of butter put in; its lightness will depend upon the manner in which it is put together. The rule for making puff-paste, is a pound of butter to a pound of flour. In summer too much pains cannot be taken to have it kept cool until it goes in the oven, which should be rather quick. The butter should be cooled upon ice, or in cold water; the water used for wetting it should be cold, and it should be rolled out in the cellar, or some cool room; and should not stand long after mixing, unless upon ice. To make puff-paste, work half the butter well into the flour; mix it up stiff with cold water; roll the whole mass out to the thickness of half an inch; put upon it, spreading it evenly, half the remaining butter; roll it up; then roll it out again, and spread on the rest of the shortening; roll

It out again, as required for your pans. The more rolls you give, and the less butter spread on at once, the more light it will be. It is a good plan to add an egg to the dough, to help it rise. In winter, of course there will be no trouble about keeping it cool enough to roll out well.

For those who have more cream than butter, sour cream and soda makes a light, healthy, and good crust, especially for fruit-pies.

**MINCED PIE.**—Boil fresh beef perfectly tender, that will slip off the bone. The head and harslet are nice for this purpose. Take out all the hard gristle and bone and tough parts, when hot. As soon as it is cold, chop it all very fine, and if you do not want it for immediate use, season it with pepper, salt, cloves and cinnamon, and press it closely into a stone jar, and pour molasses over the top, and when after a few days or weeks, it has left the surface, pour on more to keep it nice. To every two quarts of chopped meat, a half a teacupful of ground cinnamon, a table-spoonful of ground cloves, a teaspoonful of pepper, and a table-spoonful of salt, will keep it well, with molasses poured over it, a year. It is far more convenient to have meat thus prepared for use through the winter than to boil every time it is needed. The proportions should be a third meat, and two-thirds apple, chopped very fine; those a little sour are best. A good mince-pie is a general favorite, and formerly, brandy was deemed indispensable in giving them the right flavor. But we are happy to inform our temperance friends and others, that a mince-pie can be made equally good without either wine or brandy. Add a good quantity of box raisins, and season high with spices and molasses, adding water sufficient to keep them moist, made up in a rich nice paste, and there will be nothing wanting in flavor or quality. They should be baked one hour in a moderate oven.

**PUMPKIN PIE.**—Stew the pumpkin in a covered vessel until soft enough to mash; then set a cullender or sieve into a basin, and press it through into the basin; when rubbed through, add to it milk enough to make a thin batter; to every quart of this batter put four well-beaten eggs, a small teacupful of sugar, and a saltspoonful of salt; for each quart, grate in a nutmeg, and a teaspoonful of extract of



lemon, and some ground ginger, if liked. Many prefer it without ginger.

**APPLE PIE.**—Pare, quarter, and slice the apples. If not ripe, stew them in just water enough to prevent burning. When soft, sweeten and season to the taste. When ripe, they are better not to be stewed before baking. Fill the pie-plates; cover with a thick crust, and bake from half to three-quarters of an hour.

**CHERRY PIE.**—Stone your cherries, that you may be sure they are free from worms. Lay your paste in a deep dish, and add a good quantity of fruit; fill the dish with molasses, with a handful of flour sprinkled over, then a nice paste, and bake more than half an hour. If sugar is used, you will need water and flour. This makes the gravy very rich, and the pie delightful.

**PEACH PIE.**—Take juicy and mellow peaches; peel, stone, and slice them; then put them in a deep pie-plate lined with the under crust; sprinkle through them a sufficient quantity of sugar, equally distributed; put in about a table-spoonful of water; dust a little flour over the top; cover with a rather thick crust, and bake nearly an hour.

**GREEN CURRANT PIE.**—Currants will make a good and wholesome pie at nearly all stages of their growth. They only require to be stewed, and sweetened according to their degree of acidity, and baked between two crusts in the ordinary manner. The addition of a little dried or green apples gives a fine flavor.

**GOOSEBERRY PIE.**—This is made in the same way as the preceding, but requires a larger proportion of sugar. The berries should be nearly, or quite full grown. A little apple may be used if preferred.

**FRESH BERRY PIES.**—Strawberry, whortleberry, blackberry, and raspberry pies are delicious; are all made in the same manner: lining a plate with good crust, filling it with the berries, add a little sugar, covering and baking. A still more delicious pie is made by making a thin short-cake, baking it, splitting it open, buttering it well, laying on as many berries as the bottom crust will hold, sugaring them well, putting back the top crust, and eating warm. *Try it.*

**DRIED BERRY PIES.**—Are made the same as fresh, but the berries must first be stewed.

**DRIED FRUIT PIES.**—Stew the fruit tender; if apples, pass them through a sieve; add lemon peel, or juice, or essence. Any kind of dried berries added impart richness to the flavor.

**RHUBARB PIE.**—Take the tender stalks of the plant strip off the skin; stew till soft, and sweeten; press the upper crust closely around the edge of the plate, and prick the crust with a fork, so that it will not burst and let out the juice while baking. It should bake about an hour, in a slow oven.

**LEMON PIES.**—Pare two lemons; take out the seeds chop the rind and pulps; add one egg, a small piece of butter, a small teacup of flour, three cups of sugar, two of water. Bake in a paste. This quantity will make two pies.

Mock Lemon Pie is made by taking a teacupful of grated cracker (some use flour), a teacupful of water, an egg, a cup of sugar, a bit of butter, and a teaspoonful of tartaric acid.

**PLAIN CUSTARD PIE.**—Boil a quart of milk with half a dozen peach leaves, or the rind of a lemon. When they have flavored the milk, strain it, and set it where it will boil. Mix a table-spoonful of flour, smoothly, with a couple of table-spoonsful of milk, and stir it into the boiling milk. Let it boil a minute, stirring it constantly; take it from the fire, and when cool, put in three beaten eggs; sweeten it to the taste; turn it into deep pie-plates, and bake the pies directly, in a quick oven.

**CORN STARCH PIE.**—To one quart of milk put two table-spoonfuls of corn starch, and two eggs. Sweeten, salt, and season to the taste. Line a pie-plate with crust, and bake as custard.

**CRANBERRY TART.**—Wash the berries in a pan of water, rejecting all the bad ones; simmer them until they become soft and burst open; sweeten with half a pound of sugar to a pound of the fruit; place it again over the fire till it comes to the boiling point; then place it on a thick under crust, and bake in a moderate oven.

**FRUIT PIES.**—A very little soda added to fruit which is extremely sour, makes it more healthy, and saves sugar. Too much soda would make them flat, stale, and unpalatable.

**PIES FOR DYSPEPTICS.**—Apple pies may be made simple palatable, and healthy, by sifting coarse flour, and taking hot, mealy potatoes, and rubbing them in as you would butter. Then take water and wet it, rolling the crust, if you please, in fine flour, if you wish to give it a whiteness. Prepare your apples without butter or spice, with sweetening only.

**CUSTARD PIES.**—Take a coffee-cup of ground rice, wet it up with cold milk so as to have it free from lumps; add to this two quarts of boiling milk, and let it continue to boil till the rice flour is thoroughly swelled; then sweeten it with sugar, and salt, to your taste. Bake the pies thoroughly on plates, or in deep dishes, with a wheat meal crust; or, as some prefer, take Indian meal, sift it dry into suitable dishes—this will form a crust sufficiently short, and avoid the objection which some have to the use of buttermilk and saleratus. The pies should be one day old before they are cut.

## PUDDINGS.

Many puddings, which are usually boiled, are just as good baked, and it may be less trouble. For boiled puddings, have the bag clean and strong, soak it in hot water, flour it well on the inside; leave room for the pudding to swell, and put the bag in boiling water.

**CHRISTMAS PLUM PUDDING.**—A pound of suet, cut in pieces not too fine, a pound of currants, and a pound of raisins stoned, four eggs, half a grated nutmeg, an ounce of citron and lemon-peel, shred fine, a table-spoonful of beaten ginger, half a pound of bread crumbs, half a pound of flour, and a pint of milk; beat the eggs first, add half the milk, beat them together, and by degrees stir in the flour, then the suet, spice, and fruit, and as much milk as will mix it together very thick; then take a clean cloth, dip in boiling water, and squeeze dry. While the water is boiling fast, put in your pudding, which should boil at least five hours.

**A GOOD CHRISTMAS PUDDING.**—One pound of flour, two pounds of suet, one pound of currants, one pound of plums, eight eggs, two ounces of candied peel, almonds and mixed spice according to taste. Boil gently for several hours.



**A SUPERIOR PLUM PUDDING.**—One cup suet chopped fine, one cup good molasses, one cup raisins chopped, one cup sweet milk, three and a half cups flour, a table-spoonful of saleratus, and salt to taste. Make into a batter, and boil three and a half to four hours. Allow room in the bag for expansion.

**BAKED INDIAN PUDDING.**—Scald the milk, and stir in the sifted meal to make a batter not very thick. Then add two spoonfuls of flour, molasses to your taste, a little salt, lemon, nutmeg, or cinnamon, and bake two hours and a half. Made in this way, it is quite as good as when made with eggs.

**A BOILED RICE PUDDING.**—Boil a pint and half of rice with half a pound of raisins; when the rice is soft, if there is water remaining, pour it off, and add a quart of rich milk. Let it boil five minutes, and then add four spoonfuls of sugar and two eggs well beat, stirring it until the rice and eggs are well mixed. Season with a little salt, nutmeg or cinnamon, and it makes an excellent dish, and one easily made. It should boil five minutes, and be stirred often.

**SPONGE PUDDING.**—Six eggs, one cup of butter, one cup of cream, two cups of sugar, one teaspoonful of soda, one quart of flour. Season with mace or lemon. Bake in a slow oven.

**LIGHT BREAD PUDDING.**—Crumble one pint of light bread fine, one cup of butter, one pint of buttermilk, one teaspoonful of soda, three eggs. Sweeten and season to your taste. Bake it in a pan.

**MUSH, OR VIRGINIA PUDDING.**—Make one pint of corn-meal mush, and while it is warm, put into it half a teacup of butter; six eggs, beat very light; one pint of milk; sweeten with brown sugar to your taste; season highly with lemon. Bake it in a nice pie-crust.

**FLOATING ISLAND.**—One quart of milk, the yolks of three eggs, one table-spoonful of flour, stirred in the milk when boiling hot; let it just boil; then pour into your dish; drop the beaten whites into hot water, and lay on the top when cool.

**CUSTARD PUDDING—BAKED.**—One pint of milk, eight eggs, two spoonfuls of flour, two of rosewater, half a nut-

meg, a little salt, and sugar to the taste. Bake half an hour.

**BATTER PUDDING—BOILED.**—Six eggs, six large spoonfuls of flour; beat your eggs, and stir your flour gradually into them; then stir in a quart of milk, and a little salt. Boil one hour. If boiled in a bag, flour it well; if in a mould, be sure and have it full.

**ARROW ROOT PUDDING.**—*Very Nice.*—Three table-spoonfuls of arrow root, mix in a little cold water; free it from lumps, put it into a quart of boiling milk, stirring it constantly; when cool, beat into it two eggs, to be served with sweet sauce. Bake it for half an hour.

**SAGO PUDDING.**—Wash a teacupful of sago; put in your pudding-dish, and pour on a quart of boiling water, stirring all the time; put in a little salt, and a table-spoonful of sugar. The longer it stands thus before baking, the better. Bake slowly an hour. Eaten with sugar and butter stirred together.

**PLAIN BAKED BREAD PUDDING.**—Pound rusk bread five, to five heaping table-spoonfuls of it put a quart of milk, three beaten eggs, three table-spoonfuls of rolled sugar, a teaspoonful of salt, half a nutmeg, and three table-spoonfuls of melted butter. Bake it about an hour. It does not need any sauce.

**ECONOMICAL PUDDING.**—Keep your pieces of bread, and dry them nicely; when enough are collected, soak them in milk over night; in the morning drain out all the milk you can through a cullender; add to the bread some sugar, and a little salt, with some scalded raisins; tie in a bag, and boil five or six hours. Serve with sweet sauce.

**SCALDED PUDDING (for a child or sick person).**—Pour half a pint of boiling milk on two table-spoonfuls of flour; let it stand an hour; strain it through a cullender; add two eggs and a little nutmeg. Boil or bake for half an hour.

**TAPIOCA PUDDING.**—To one pint of water, add a teacupful of tapioca, and soak over night. In the morning add two beaten eggs, three pints of milk, and bake as any other. Another: Half a pint of tapioca dissolved in a quart of milk, while boiling. Add six eggs when nearly cold, with nutmeg or cinnamon. Bake ten or fifteen minutes.

**A BOILED APPLE PUDDING.**—Boil dried apples nearly done. Save a teacup of the juice of the apple, for a sauce: Chop them, and mix with soaked bread, and boil in a bag. Make a sauce of melted butter, sugar, and flour, with enough of the apple juice to give it the flavor of wine, and spice with nutmeg. It is excellent.

**APPLE DUMPLINGS.**—Lay into rolled paste, apples quartered and cored; roll up, and boil in a cloth one hour. Serve with a sauce made of melted butter and sugar, flavored with nutmeg. Another method: Lay the apples in a small kettle with water sufficient to boil them tender, with the paste over. Cover it close, and boil half an hour. Serve with sauce. Another: Lay the quarters in paste cut round, and tie up in cloths to make them like "snow balls." Serve with the same sauce.

**JEFFERSON PUDDING.**—One pound of boiled potatoes, made into a mash with sweet milk; add half a pound of white sugar, six eggs, and one grated lemon; bake forty minutes.

**ARROWROOT BLANCMANGE.**—Mix well two very large spoonfuls of arrowroot in half a pint of new milk; put another pint on the fire, with cinnamon, or lemon-peel, or any thing you may like to flavor it; let it simmer till it tastes sufficiently; then take out the cinnamon or lemon-peel, and add the boiling milk to the arrowroot and cold milk; sweeten it to your taste, and let it boil, stirring it all the time till it thickens sufficiently to come from the saucepan, when it is fit to put into the moulds.

## CAKES.

There is more art in *baking* cake than in putting it together, though it is necessary to do both with care to insure success. Have a slow but steady oven for all large oaves; never allow the cold outside air to strike cake when rising in the oven; never allow the heat to go down too quickly, nor replenish the fire while the cake is in. Have a good, moderate fire, which can be increased without the addition of fuel. It is best to lay buttered white paper in the bottom of the moulds, when of any size. Eggs should be kept cold, if desired to make a stiff froth of them. Sponge cake, if baked small, takes a quick oven; it should be put in the moment it is made. Jumbles should



be rolled out in powdered sugar instead of flower, and also take a quick oven. Fruit cake should have a buttered paper upon the top also, as it takes a long time to bake through, if rich or thick. It is better to add proper proportions (small) of soda and cream-tartar of *all* cakes than to trust entirely to eggs to raise them.

**TO MAKE ICING.**—Take one and a half pound of loaf sugar; add three gills of water; put it on the fire, and let it simmer until it ropes; then put it in a dish, and stir it till milk-warm; add the whites of eight eggs well-beaten; beat the whole for an hour, and it will be ready for use.

**A FRUIT CAKE FOR A LARGE PARTY OR WEDDING.**—Five pounds of flour; five of sugar; five of butter; five of raisins; five of currants; three of almonds; two of citron; three dozen of eggs; four ounces of cinnamon; one dozen of cloves; two and a half dozen of mace; two and a half dozen of nutmegs; five gills of brandy, or lemon brandy; and one table-spoonful of soda. Be very careful in getting the right quantity of spice, as all depends on the spice.

**WISCONSIN FRUIT CAKE.**—Three-quarters of a pound of raw, salt, fat pork, chopped very fine; then pour on a pint of boiling water; one cup of sugar; two of molasses; two teaspoonfuls of cloves; one of cinnamon; one nutmeg; two teaspoonfuls of saleratus; one pound and a half of raisins; also a citron and currants, if liked, and flour as stiff as can be stirred; bake very slowly an hour, or longer, if necessary, as it will burn without great care. This will make three loaves, and will keep well.

**FRUIT CAKE.**—Take one pint of light dough; one teacupful of sugar; one of butter; three eggs; a teaspoonful of saleratus; one pound of raisins; nutmeg or cinnamon, to the taste; bake one hour. Let it stand and rise a little before baked.

**LOAF CAKE.**—Stir into two quarts of flour a pint of milk, slightly warmed, and a small teacupful of yeast. Place it near the fire, where it will rise quickly. When perfectly light, work in with the hand four beaten eggs, a teaspoonful of salt, two of cinnamon, a wine-glass of brandy or wine. Stir a pound of sugar with three-quarters of a pound of butter; when white, work it into the cake; add another quart of sifted flour, and beat the whole well with the hand ten or fifteen minutes; then set it where it will

rise again. When of a spongy lightness, put it into buttered cake pans, and let them stand fifteen or twenty minutes before baking. Add, if you like, a pound and a half of raisins, just before putting the cake into the pans.

**POUND CAKE.**—One pound of flour; three-quarters of a pound of butter; ten eggs; small cupful of water. Beat the whites separately. Put an even teaspoonful of soda in the water, and two of cream of tartar in the flour. Add spices as liked. Rosewater is nice. If desired, add currants.

**SPONGE CAKE.**—Ten eggs; their weight in sugar; the weight of seven eggs in flour. Beat the whites and yolks separately, then add sugar and flour. The last thing before baking, add the juice of one lemon; one teaspoonful of saleratus.

**RICE CAKE.**—Three eggs, and the same weight of ground rice and sugar, mixed and beaten well. Bake quickly in a mould.

**A GOOD TEA-CAKE.**—Four eggs; two cups of sugar; one cup of butter; one cup of milk; half a nutmeg; one teaspoonful of cream of tartar; one-half teaspoonful of soda; flour enough to make the right consistence to bake.

**WHITE CUP-CAKE.**—One cup of fresh butter, two cups of powdered white sugar; four cups of sifted flour; five eggs; one cup of sour cream, or rich milk; soda to sweeten; a grated nutmeg; and a teaspoonful of cinnamon. Bake in small tins.

**DELICATE CAKE.**—One pound of flour; three-quarters of a pound of butter, fresh, and washed in cold water; the whites of sixteen eggs, beaten to a stiff froth. If wished, take the yolks of the eggs, and make another cake with them; it will be of a bright yellow; the two are called gold and silver cakes, and look very pretty sliced together.

**COOKIES WITHOUT EGGS.**—Two cups of sugar; one cup of butter; one cup of cold water; one teaspoonful of saleratus; spice to the taste. Mix stiff, roll thin, and bake crisp.

**KISSES, OR DROP CAKES.**—One cup of butter; two cups of sugar; three-quarters of a cup of water; half a teaspoonful of saleratus; two eggs; four and a half or five cups of flour. Drop them on a tin, and put a lump of sugar in the center of each.

The two preceding receipts are very convenient in a country where we can get no milk, and eggs are scarce.

**SOFT CAKE IN LITTLE PANS.**—One cup and a half of sugar; the same of butter; eight eggs; and half a nutmeg, or without if preferred.

**JUMBLES.**—Two cups of sugar; one cup of sour cream; one cup of butter; three eggs; one teaspoonful soda.

**GINGER SNAPS.**—Two cups of molasses; one of lard; a table-spoonful of ginger; a table-spoonful of saleratus, dissolved in as little hot water as possible; flour; roll very thin.

**SODA JELLY CAKE** (delicious).—One teacup of sweet cream; two of sugar; two eggs; half a teaspoonful of soda; one of cream of tartar stirred in the flour; flour to the consistence of batter cakes; bake immediately.

**TEA CAKES.**—One cup of butter; two of sugar; beat together; one cup of sour milk or water; a teaspoonful of saleratus; spice with nutmeg or caraway; flour to roll out; mix as soft as possible.

**CREAM COOKIES.**—One teacupful of sour cream; two cups of sugar; one egg; teaspoonful of saleratus; flour to roll out; nutmeg or seeds.

**SOFT GINGERBREAD.**—One cup of cream; one of molasses; a teaspoonful of ginger; one of saleratus dissolved; a little salt. Bake in half an hour.

**FAITH CAKES.**—Two eggs, four table-spoonfuls of sugar; a piece of butter large as a walnut; and a teaspoonful of saleratus. Fry in the lard to a nice brown. They are nice; try them.

**GINGERBREAD.**—Mix together three and a half pounds of flour; three-quarters of a pound of sugar; one pint of molasses; a quarter of a pound of ginger; and some ground orange peel.

**GINGER NUTS.**—One cup of molasses, half a cup of sugar, a table-spoonful of ginger, one cup of butter, half a cup of sour milk, two teaspoonfuls of saleratus dissolved in boiling water, and stirred in after the flour. Make it just stiff enough to roll very thin; cut in small cakes, and bake in a slow oven.

**ECONOMICAL CAKE.**—Take dry cake, rub fine; add one



egg, one cup of molasses, sweet milk enough to moisten; stone and chop some raisins; add half a teaspoonful of saleratus; flour enough to make as thick as pound cake; beat well and bake, and you will have a palatable cake.

EXCELLENT PLAIN CRULLERS.—One cup of shortening; one of molasses, or sugar; one of sour milk; one egg, if convenient; cinnamon, nutmeg, or ginger, a teaspoonful; a little salt; a teaspoonful of saleratus, dissolved in half a cup of hot water. Fried in the lard to a nice brown.

AN EXCELLENT COMMON FRIED CAKE.—One cup of sugar, one of cream; three eggs; cinnamon or nutmeg; a teaspoonful of saleratus. Cut as jumbles, or in strips, and twisted, and fried in lard.

DOUGHNUTS WITH SUGAR.—Make a dough of one pound of flour, a quarter of a pound of butter, three-quarters of a pound of brown sugar, rolled fine, one nutmeg grated, one teaspoonful of ground cinnamon, one tablespoonful of brewer's yeast, and warm milk enough to mix. Set it in a warm place to rise, for one hour, or till light; then form in twists or squares, fry as before, and drain on a sieve.

THIN POUND CAKE.—Three cups of sugar, four eggs, one cup of butter, and flour enough to roll thin. Bake on tin sheets.

ONE, TWO, THREE, FOUR CAKE.—One cup of butter, two of sugar, three of flour, four eggs, well-beaten; nutmeg, or essence of lemon, to season it.

SEED CAKES.—Take one pound of flour; twelve ounces of lump sugar, pounded fine; seven eggs well beaten with the sugar; one ounce of caraway seeds dried and pounded; and two large table-spoons of sour cream, with a teaspoonful of pearlash. Bake an hour, if in one large cake; but if in tins or small ones, fifteen minutes.

COOKIES.—Take half a pound of sugar, one-fourth of a pound of butter; stir them well together; dissolve a teaspoonful of saleratus in three-fourths of a teacup of sweet milk; add half a nutmeg, grated, and flour sufficient to roll them out easily. Bake in a moderately heated oven.

## TEA, COFFEE, AND CHOCOLATE.

**GREEN TEA.**—Always pour boiling water upon green tea. Allow it to stand a moment upon the stove or coals; three minutes does not injure the flavor of imperial tea, which has a large leaf. It is a good plan to rub the tea fine, before drawing, to secure the strength as quickly as possible.

**BLACK TEA**—Requires to be well-steeped—from ten to twelve minutes is not too much.

**COFFEE.**—Among all the methods of making coffee—patent, French, or any other—there is none better than the following: Choose good coffee; Java, or some other expensive quality, is as economical as the cheaper kinds, for it requires a smaller quantity; brown it, not more than a pound at a time, to have it fresh (it should be well-roasted, but not in the least burned); grind it moderately fine, just before using; mix with it about the third part of an egg, or half a one, where eggs are plenty; add cold water to make a paste; put it in the boiler; pour upon it boiling water, as much as you are going to require, so as to add none after it is taken from the fire; let it boil briskly for ten or fifteen minutes, and send it to table without allowing it to stand long. By being particular in these observances, you preserve all the aroma and freshness of the coffee, at the same time that you secure its strength and richness. The boiler should always be *washed and dried* before it is put away; the least remains of the old coffee will seriously impair the flavor of the new. Housewives who wish to excel in making this beverage, if for breakfast, should never make it until the family is nearly ready for the table, so that it may not be spoiled by standing. Cream increases its excellence very much; where it cannot be had, scalded milk is thought to be richer than the uncooked, and is a good thing in winter, as it helps preserve the heat of the coffee.

**COFFEE**—To be served after dinner, is made very strong and served in small cups, and taken, usually, without sugar or cream.

**CHOCOLATE.**—Scrape or cut down fine with a knife, the chocolate; pour upon it hot water; let it boil up; add an equal quantity of milk; when it comes to a boil the second time, it is done.

**Cocoa**—Is made in the same manner **SHELLS** require

boiling an hour or more ; it does not hurt them to stand upon the fire a long time.

**COFFEE MILK.**—Boil a dessert-spoonful of coffee in nearly a pint of milk, a quarter of an hour ; then put in a little isinglass and clear it, and let it boil a few minutes, and set it on the fire to grow fine.

**A SUBSTITUTE FOR CREAM FOR COFFEE.**—Beat up a fresh egg ; then pour boiling water on it gradually, to prevent its curdling. It is difficult to distinguish it from rich cream.

**PARISIAN COFFEE.**—This is made by leeching. Many prefer it to any other mode. It is very easily made, and requires nothing to settle it. Any common coffee-pot will answer the purpose, with a strainer formed to fit the top. It is made in form like a cup, with a fine strainer made by piercing the bottom full of small holes, very fine, and above that another not as fine, on which the ground coffee is laid. Pour on boiling water, using the same quantity as in other modes, and cover it close ; when the water is all drained through, which will be in ten minutes or less, it is ready for the table. Some have biggins made in the French mode, but the other answers the same purpose, and is equally good. It should stand near the fire while cooking. It will leave the dregs tasteless.

### JELLIES, PRESERVES, DRIED FRUITS, &C.

Preserved fruit should be kept in a dry, cool place. Care should be taken in selecting the sugar with which they are prepared, or all efforts to keep them from fermenting will be in vain ; powdered white sugar is so adulterated with foreign substances, that it will not keep at all ; sugar which has a strong, slightly acid taste, will be sure to ferment. It is safest to carefully clarify even the purest looking sugar.

Fruit *dried*, with sugar, about a quarter of a pound to a pound of fruit, sprinkled on while drying, is really better, as well as healthier, than preserves. It should be packed away in jars, or hung away in paper bags.

The most delicious way in which fruit can possibly be preserved, is by putting up in air-tight cans and jars. We shall give very full and explicit directions for this, in the kitchen department of the Dime Recipe Book.

**JELLIES.**—Almost all kinds of fruit will make a nice jelly. Plums, cherries, currants, grapes, quinces, peaches, apples,



oranges, are all delicate and very nice. They should be boiled in considerable water very tender, with the seeds, and parts of the kernels. Then strained through a jelly bag, and allow a pound of sugar to a pint of juice. Boil a while; if boiled too long, it will not form. Isinglass may be added if there is a failure, which will be a remedy.

**APPLE JELLY.**—Take light colored apples; pare and cut them in thin slices into a deep saucepan, with as much water as will just cover them; boil to a pulp, and strain through a jelly-bag; weigh, and to every pound of liquor add a pound of lump sugar powdered; boil, till it comes to the top of the pan, for a quarter of an hour, or rather more; put it into teacups or moulds. The juice of a large lemon to every pound of sugar is an improvement; and the sugar should be made hot before it is added to the juice.

**BLACK CURRANT JELLY.**—Boil the fruit till the juice flows; then strain it through a jelly-bag, and set it again over the fire for twenty minutes; after which, add half a pound of sugar for each pound of juice, and boil the whole ten minutes longer.

**GOOSEBERRY JELLY.**—Take fine gooseberries, not too ripe, of any color; wash and drain them, and add a pint and a half of cold water to every quart of gooseberries; place them over the fire, and boil till the whole becomes a jam; then strain it well through a jelly-bag. Make a rich syrup, in the proportion of a pound of loaf-sugar to a pint of the liquor, with a little water, in which the remains of the strained fruit have been boiled; when the syrup is sufficiently boiled, add it to the juice, and boil them together for a quarter of an hour; then pour off.

**RASPBERRY JELLY.**—Take fresh, nicely picked raspberries, and simmer over the fire till the juice flows; then strain, and weigh the juice; but boil it for ten minutes before adding the sugar, which must be in the proportion of one pound and a quarter to one pound of juice; boil five minutes longer, skim it, and pour into pots. This is a good jelly for flavoring creams, and requires no sugar to be added for that purpose.

**PLUM JELLY.**—Take only those plums which are perfectly sound; remove the stalks, and put them into large stone jars; if damsons, make an incision in each; cover the jars with bladder; put them in deep pans of water over

the fire, and let the water boil gently for three or four hours, till all the juice has come from the fruit; then strain through a jelly bag, and boil with an equal weight of lump sugar, taking care to stir it constantly.

**STRAWBERRY, RASPBERRY, RED CURRANT, OR CURRANT AND RASPBERRY JELLY.**—Put the fruit into an earthen pan; squeeze them well with a new wooden spoon; mix an equal weight of sugar in large lumps with the fruit, and let them infuse for an hour, that the sugar may draw out the juice; next pour on a little water. If the strawberries are too ripe, squeeze in the juice of two lemons: put all this into a jelly-bag nearly new; mix some melted isinglass with the juice; but *the whole must be very cold*. The proportion of isinglass before melting should be at the rate of an ounce to four pounds of fruit.

**MOSS JELLY.**—Soak Carragua, or Irish moss, in cold water a few minutes, to extract the bitter taste; then drain off the water, and to half an ounce of moss put a quart of fresh water, and a stick of cinnamon. Boil till it becomes a thick jelly; then strain it, and season it to the taste with white wine and white sugar. This is very nourishing, and recommended highly for consumptive complaints.

**LEMON JELLY.**—Set a pint and a half of clarified sugar on the fire, and dilute it with a little water; when it boils, and has been well skimmed, put in two ounces of clarified isinglass with a little lemon-peel cut very thin; let these boil till you have squeezed through a sieve into a basin the juice of six lemons; then pass your sugar and isinglass to it, and set it in a mould as any other jelly; when turned out, garnish it with dried jellies.

**RED OR WHITE CURRANT JELLY, MADE BY BOILING.**—When the fruit is quite ripe, gather it on a dry day; as soon as it is nicely picked, put it in a jar, and cover it down very close; set the jar in a saucepan about three parts filled with cold water; put it on a gentle fire, and let it simmer for about half an hour; take the pan from the fire, and pour the contents of the jar into a jelly-bag; pass the juice through a second time; do not squeeze the bag; to each pint of juice add a pound and a half of good lump sugar in large lumps; when it is dissolved, put it into a preserving-pan; set it on the fire, and boil gently, stirring and skimming it the whole time till no more scum rises,

i. e., about twenty minutes: it will then be perfectly clear and fine; pour, while warm, into pots; and, when cold, cover them with paper wetted in brandy, and tie down.

**MARMALADES.**—They may be made of any fruit without seeds. The fruit should be boiled very soft, with some of the kernels; and all of the pits of quinces, and parings, boiled and strained, added to the sugar. Mash to a fine pulp, and add sugar in the proportions of the sweetmeats, and simmer thick. It should be a smooth thick mass. Put up in tumblers.

**COLORING FOR JELLIES, CAKES, ETC.**—For a beautiful red, boil fifteen grains of cochineal in the finest powder with a drachm and a half of cream of tartar, in half a pint of water, very slowly, half an hour; add in boiling, a bit of alum the size of a pea, or use beet root sliced, and some liquor poured over.

For white, use almonds finely powdered, with a little drop of water; or use cream.

For yellow, yolks of eggs, or a bit of saffron steeped in the liquor and squeezed.

For green, pound spinach leaves or beet leaves, express the juice, and boil a teacupful in a saucepan of water to take off the rawness.

**ITALIAN MODE OF PRESERVING STRAWBERRIES.**—Place as many berries as will form a layer at the bottom of the dish, and sprinkle on powdered loaf sugar; then another layer and sugar again. When your dish is sufficiently full, squeeze over them the juice of a fresh lemon; stir them round before serving, that they may imbibe the lemon and sugar. They are said to be truly delicious.

**STRAWBERRIES FOR TEA.**—They should have nearly their weight in sugar, and a sweet rich cream to serve with them, and there is no greater luxury.

**PEACHES FOR TEA.**—They should be pared and cut in slices, and cover with sugar and sweet cream.

**PEARS FOR TEA.**—Very ripe soft pears may be prepared like peaches, and are very nice.

**PEARS, PRESERVED.**—These may be preserved whole, with the stems on, or in halves, cored. Make a thin syrup, and boil them tender. If boiled too fast, they will break. They will be sufficiently cooked in half an hour



If you wish them nice, let them lie in the syrup, in a jar or tureen, two days. Drain the syrup from the pears; add more sugar; boil ten minutes; skim, and put in the pears; simmer them till they are transparent; take them out; stick a clove in the end of each, and lay them in a jar when cool; then pour over the warm syrup. For common use, they are best done in quarters, boiled tender in a little water; then add half a pound of sugar to a pound of pears to the liquor, and simmer them gently half an hour. They may be flavored with lemon, if preferred.

PEACHES, PRESERVED.—If preserved whole, they should be gathered before they are fully ripe, and before they part from the stone. Pare them, and boil in the syrup gently, until they are tender. If in quarters, crack the pits of half the peaches, and boil in the syrup; strain, and cook in the usual way. Put up in jars and glasses. Some prefer them cooked in a little water, and the syrup poured over them hot.

If you wish them preserved in brandy, they should be gathered before they are ripe, rubbed with flannel, pricked with a large needle to the pit, in several places, and run the needle down the seam. Put them in cold water, and boil them very gently until tender. Take them carefully out, and fold them in a table-cloth or soft flannel. Have ready a pint of brandy, a pint of the juice in which they were boiled, and a pound of loaf sugar. When the peaches are cool, lay them in a jar, and pour over them. They may be used as a dessert.

GOLDEN PIPPINS, TO PRESERVE.—Take the rind of an orange, boil it very tender, and lay it in cold water for three days; take two dozen golden pippins, pare, core, and quarter them, boil them to a strong jelly, and run it through a jelly bag till it is clear. Take the same quantity of pippins, pare and core them, and put three pounds of loaf sugar in a preserving-pan with a pint and a half of spring water; let it boil, skim it well, and put in your pippins with the orange rind cut into long, thin slips; let them boil fast till the sugar becomes thick, and will almost candy; then put in a pint and a half of pippin jelly, and boil till the jelly is clear; then squeeze in the juice of a fine lemon; give the whole another boil, and put the pippins in pots or glasses with the orange peel. Lemon peel may be used instead of orange, but then it must only be boiled and not soaked.

**TO PRESERVE GREENAGES WHOLE.**—Prick them all over with a pin; then put them in scalding water, let them simmer, strain them, and take their weight in sugar; put the sugar into the preserving-pan, with a quarter of its bulk of water; let it boil well, and skim very clear; put in the plums, let them boil up once, take them off, and set them by till next day, then take them out, one by one, from the syrup, boil it, and skim very clear; put in the plums, and let them boil very gently for twenty minutes; take them off as before, let them stand till cold, then put them into the jars, tying them up very close.

**GREEN APRICOTS.**—Take those the size of a nutmeg, and simmer in water till tender; then put them in cold water, and next day drain, and proceed as with greenages.

**TO PRESERVE APRICOTS WHOLE.**—Take ripe apricots, slit them at the top, and with a small stick, put in at the stalk end, force out the stone; then peel them, and let them simmer gently in a preserving-pan with water till tender, but not so much so as to break; put them into cold water, and the next day drain them on a coarse sieve for four or five hours; then put them on a flat earthen pan so as not to lay them one on the other more than can be helped; proceed as with the greenages.

**TO PRESERVE RHUBARB.**—To every twelve pounds of fruit, peeled and cut as for tarts, put the same weight of lump-sugar, a quarter of a pound of bitter almonds blanched and pounded, the juice of a lemon and the peel chopped fine. After putting the sugar to the rhubarb let it stand through the night, then boil it; when it begins to thicken add the other ingredients, together with a wine-glass and a half of pale French brandy. A teaspoonful of ginger is thought by some people to be an improvement.

**TO PRESERVE STRAWBERRIES.**—To one pound of fruit add three-quarters of a pound of sugar; pound it fine and strew it over the fruit, and let it stand twenty-four hours; then set it over a slow fire till the sugar is dissolved; take it off and let it stand till cold; make it hot three or four times, leaving it to get cold each time; when the syrup is quite clear, put the whole into jars or glasses.

**PRESERVED GRAPES IN BUNCHES.**—Take out the stones from the grapes with a pin, breaking them as little as possible; boil some clarified sugar nearly to candy height;

then put in sufficient grapes to cover the bottom of the preserving-pan, without laying them on each other, and boil for five minutes, merely to extract all the juice; lay them in an earthen-pan, and pour the syrup over them; cover with paper, and the next day boil the syrup, skimming it well for five minutes; put in the grapes, let them boil a minute or two; put them in pots, and pour the syrup over them, after which tie down.

TO PRESERVE PINE-APPLES.—Gather the pines with small tops, or if foreign fruit, select in the same way; then with a sharp knife take out the little prickly leaves between each flake; but be careful not to go too near the top; put them into salt and water a little warm, to make them turn yellow, which will be in about twenty-four hours; then place them on a slow fire in water and lemon-juice, composed of three parts of the former to one of the latter; do not keep them too long on the fire, for fear of losing the top; when they are done, put them in cold water; then take them out and let them be thoroughly dried; put a good rich syrup to them, which must be changed for fresh syrup two or three days afterward. This is a West India receipt.

TO PRESERVE SIBERIAN OR AMERICAN CRABS.—To one pound of crabs, take a pound of fine sugar, the juice of a lemon, and a little syrup from common apples. Dissolve the sugar in it; let it boil, and skim clear; then prick the crabs, and put them into the syrup; let them boil gently, till a straw will run through them; put them into pots, and cover well with syrup.

TO MAKE TOMATO FIGS.—Pour boiling water over the tomatoes, in order to remove the skins; then weigh them, and place them in a stone jar, with as much sugar as you have tomatoes, and let them stand two days; then pour off the syrup, and boil and skim it until no scum rises. Then pour it over the tomatoes, and let them stand two days, as before; then boil and skim again. After the third time, they are fit to dry, if the weather is good; if not, let them stand in the syrup until drying weather. Then place on large earthen plates or dishes, and put them in the sun to dry, which will take about a week, after which pack them down in small wooden boxes, with fine white sugar between every layer. Tomatoes prepared in this manner will keep for years.



**FROSTED FRUIT.**—Beat the whites of eggs and dip in the fruit; then lay it in finely powdered sugar; lay them on a pan with white paper under, and set them in an oven nearly cool to dry. When the icing is firm, pile them on a dish and set in a cool place.

**TO KEEP APPLES FRESH A YEAR.**—Dry sand; and dry your barrel. Put in a layer of apples, and a layer of sand, and so on until full; cover it tight; and keep where they will not freeze in winter. They will be fair, and fine flavored the next summer.

**TO KEEP GRAPES, PLUMS, ETC., THROUGH THE WINTER.**—Put them in layers of cotton, until your jar is full; cover close, and keep from frost. It is said they will keep immersed in molasses.

**TO DRY PEARS**—Pare them very thin before they are quite ripe, and simmer in a thin syrup; let them lie a day or two, then make the syrup richer and simmer again. Repeat this until they are clear; then drain, and dry them in the sun or in a cool oven for a short time. They may be kept in the syrup and dried as wanted, which makes them more moist and rich.

**ANOTHER WAY.**—Take some fine pears before they are quite ripe, pare them and set them over the fire in cold water; let them stew till tender; lift them gently out and put them into cold water for a quarter of an hour; then drain on a sieve into a pound of sugar and two quarts of water for every fifty pears; put the fruit, and let it stand two hours. The pears must then be taken out, and suspended in a slow oven, with the large end down, for twelve hours. Clarify the syrup in which the fruit has stood, and boil it; when quite cold, the pears must again remain in the syrup, and be transferred to the oven for the same time as before. Boil the syrup, and continue the process till the pears are perfectly dry.

**TO DRY CHERRIES WITH SUGAR.**—To every four pound of fruit stoned, weigh one pound of powdered lump sugar. put the fruit and sugar into a preserving-can; boil very gently for three-quarters of an hour; then put them by in a basin with their own liquor till cold; drain them from the syrup, and lay them singly to dry on dishes moderately heated; let them remain in the oven till they look dry at the top; then take them out, and in a week turn

them on to clean dishes, and put them once more into the oven as above; take them out, and put them into a jar, which must be kept covered as for other preserves.

**TO DRY GOOSEBERRIES.**—To seven pounds of red gooseberries, add a pound and a half of powdered sugar, which must be strewed over them in the preserving-pan; let them remain at a good height over a slow fire till they begin to break; then remove them. Repeat this process for two or three days; then take the gooseberries from the syrup, and spread them out on sieves near the fire, to dry. This syrup may be used for other preserves. When the gooseberries are quite dry, store them in tin boxes or layers of paper.

**TO DRY CHERRIES AND PLUMS.**—Stone them, and half dry them. Pack them in jars, strewing sugar between each layer. They are very nice in pies, and otherwise.

**RASPBERRY JAM.**—To each pound of fruit, allow three-quarters of a pound of fine loaf sugar. Mash the berries and break the sugar. Mix together, boil, stir, and skim; the jam will be done in half an hour. Put it warm in glasses, and tie up with papers over the top. Other jams are made in the same way.

**GREEN CURRANT JAM.**—Weigh equal portions of unripe red currants and sugar; set the fruit over the fire, at some distance, with a small part of the sugar, breaking the fruit a little, that the juice may prevent it burning; stir it continually and let it remain for a quarter of an hour, then add the rest of the sugar, and boil up for a quarter of an hour longer.

**BLACKBERRY JAM.**—The common blackberry requires to be gathered ripe and dry, to be carefully picked, boiled for half an hour, and then half the weight of moist sugar added, and boiled up again for ten minutes. It is a most wholesome preserve for children.

**GREENGAGE JAM.**—Peel the fruit and divide; take out the stones, and blanch the kernels if you wish them added to the jam; boil the broken stones and parings in a little water till the water is half reduced, and add a little spinach juice to color it; then strain it and put in the preserving-pan with the fruit; simmer a quarter of an hour then add equal weight of sugar; boil and skim for twenty minutes longer.

## PICKLES.

Always use the very best vinegar, and firm, hard fruit and vegetables for pickling. Never green them in a brass kettle; it is absolutely *poisonous*. If you use a tin vessel for heating the vinegar, do not let it get cold in it. Put pickles away in glass or stone jars: cucumbers, when pickled by the quantity, may be kept in half-barrels or other wooden vessels.

To PICKLE CUCUMBERS.—Cucumbers for pickling should be very small, and as free from spots as possible. Make a brine of salt and water strong enough to bear an egg. Pour it over your cucumbers, cover them with fresh cabbage leaves, and let them stand for a week, or till they are quite yellow, stirring them at least twice a day. When they are perfectly yellow, pour off the water. Take a porcelain kettle, and cover the bottom and sides with fresh vine-leaves. Put in the cucumbers, with a small piece of alum, and cover them closely with vine leaves all over the top, and then with a dish or cloth to keep in the steam. Fill up the kettle with clear water, and hang it over the fire when dinner is done, but not where there is a blaze. The fire under the kettle must be kept very moderate. The water must not boil, or be too hot to bear your hand in. Keep them over the fire in a slow heat till next morning. If they are not then of a fine green, repeat the process. When they are well greened, take them out of the kettle, drain them on a sieve, and put them into a clean stone jar. Boil for five or six minutes sufficient of the best vinegar to cover the cucumbers well; putting into the kettle a thin muslin bag filled with cloves, mace, and mustard-seed. Pour the vinegar scalding hot into the jar of pickles, which should be secured with a large flat cork, and an oil-cloth leather cover tied over it.

MANGOES.—Procure musk-melons as late in the season as possible; if pickled early, they are not apt to keep well. Cut a small piece from the under side; take out the seeds, and if the citron or nutmeg melons are used for mangoes, the rough part should be scraped off. The long common musk-melons make the best mangoes. Soak the melons in salt and water, three or four days; then take them out of the water; sprinkle on the inside of the melons, powdered cloves, pepper, nutmeg; fill them with small strips of



horseradish, cinnamon, and small string-beans. Flag-root, nasturtious, and radish tops, are also nice to fill them with. Fill the crevices with American mustard-seed. Put back the pieces of melon that were cut off, bind it up tight with white cotton cloth, and sew it on. Lay the melons in a stone jar, with the part up, that the covers are on. Put into vinegar for the mangoes, alum, salt, and peppercorns, in the same proportion as for cucumbers; heat it scalding hot, and pour it over, then cover with a folded towel; let them stand for one night; drain off the vinegar, make it hot again, and pour it on; cover as before: repeat this scalding four or five times, if necessary, until the mangoes are a fine green; three times is generally enough.

**TOMATO CATCHUP.**—Take tomatoes when full ripe, and bake them in a jar till tender; strain them and rub them through a sieve. To every pound of juice, add a pint of vinegar, half an ounce of garlic, sliced, a quarter of an ounce of salt, and a quarter of an ounce of white pepper finely powdered; boil the whole till every ingredient is soft; rub it again through the sieve; to every pound add the juice of three lemons; boil it again to the consistence of cream; when cold, bottle it, put a small quantity of sweet oil on each, tie bladders over and keep in a dry place.

**GREEN TOMATO PICKLES.**—Take any size, but those ready to ripen are the best, place them in a vessel, and throw on a handful of salt; cover with boiling water, and let them stand till cold; then slice them through transversely, once or twice, according to the size; then lay them in a crock with thin-sliced onions. Prepare the vinegar with cloves, cinnamon, and allspice, and pour on hot. Cover and set away for a few days. They will be found very delicious, and will keep all winter. Those who dislike onions, may omit them.

**PEACHES.**—Take those of full growth, ripe, but not soft; wipe them with a flannel cloth, or pare them; stick three or four cloves into each peach; lay them in a stone jar. Put half a pound of sugar to a quart of good vinegar, add cinnamon and other spices to the taste; let the vinegar come to a boil, skim, and pour it on the peaches. Let them stand two weeks, then pour off the vinegar and boil it, and pour it on again, and they are then fit for use.

**VERY RICH SWEET PICKLES.**—Peel and quarter large green musk-melons, or halve ripe cucumbers; scrape out all the seed; rinse in clear, fresh water; dry, and lay the melons on clean linen, and stick them with cloves and cinnamon in small pieces; make a syrup of fine white sugar; when skimmed, put in the fruit, and cook until it looks transparent; then put the *fruit* in a glass jar, letting the syrup cook until it becomes thick enough; then mix it with one gill of good vinegar; pour the syrup on the fruit boiling; cover it with a double napkin until quite cold; then tie a piece of cloth dipped in melted beeswax over the jar. If the syrup should look thin after a fortnight, cook it again until properly thick, and pour it on the fruit as before. If water-melon rind is to be used, it is better to soak it two days in salt, and three days in alum-water, and in fresh water till all the taste is out.

**ANOTHER.**—For pickling all kinds of fruit to keep good the year round, the following rule is safe: To three pounds of sugar, add one pint of good vinegar, spices to your taste; boil it together; then let it cool; fill the jars with clean and sound fruit, such as peaches, pears, plums, cherries, and grapes (each kind in a separate jar); then, when the vinegar is cool, put it on the fruit; let it stand all night; then turn off the liquor, and boil it down a little; then let it cool, and pour it in the jars; cover them nicely, and put them in a cool place. If, in time, you discover a white scum on the top, skim it off; turn off the vinegar; add a little sugar, and boil it; when cool, pour it on the fruit again; and you will have a delightful pickle. For peach mangoes, these are excellent: Take sound, ripe, free-stone peaches; wipe off the fur; split them open; take out the pits; have ready some fine chopped tomatoes, cabbage, horse-radish, and mustard-seed; fill the vacancy in the peach; then place them together, and tie them with a string; fill your jars with prepared vinegar.

**CITRON.**—Cut in shapes; lay in cold water over night; in the morning, set them on the fire, in the same water, and scald till tender; then wipe them dry; put in a jar, and cover with vinegar boiling hot, adding spices and sugar, a teacupful of sugar to a quart of vinegar; cover up closely, and they will be ready for use in a few days.

**CHERRIES.**—One gallon of vinegar to three pounds of sugar; boil down one-half; spice with cloves, or stick-cinnamon, or both; put in cherries and let them scald. Peaches may be pickled in the same way; they must be cut off the stones.

**CUCUMBER No. 2.**—Make a brine by putting one pint of rock-salt into a pail of boiling water, and pour it over the cucumbers; cover tight to keep in the steam, and let them remain all night and part of a day; make a second brine as above, and let them remain in it the same length of time: then scald and skim the brine, as it will answer for the third brine, and let them remain in it as above; then rinse and wipe them dry, and add boiling hot vinegar; throw in a lump of alum as large as an oil-nut to every pail of pickles, and you will have a fine, hard, and green pickle; add spices, if you like, and keep the pickles under the vinegar. A brick on the top of the cover, which keeps the pickles under, has a tendency to collect the scum to itself which may arise.

**BRANDY PEACH.**—*Safe Harbor.*—Take large yellow free-stone peaches, not too ripe; wipe off the down with a flannel, and then prick each peach to the stone with a large pin; put them into a pan, and scald them with boiling water: cover them and let them rest for a few minutes (this is to make them white—the scalding may be repeated two or three times), then take them out and let them dry. Allow a pound of the best loaf sugar to a dozen large peaches. Put the sugar into a preserving kettle, lined with enamel or porcelain, and melt it, allowing to each pound a gill of water, and half the white of an egg; boil the sugar and skim it perfectly clear; then put in the peaches and give them a boil. Let them stand in the syrup till next day, then take the peaches out, set the syrup over the fire, and when it has boiled a few minutes, put in the peaches and give them a short boil; then take them out and let them cold; boil down the syrup to half its original quantity, taking care it does not boil long enough to become thick. Put the peaches in a glass jar, and pour the syrup over them; fill up with brandy, and cover closely. Apricots and pears may be done in the same manner. The stems must be left on the pears.



Peaches and cherries may be pickled in a syrup made of a teacup of sugar to a teacup of vinegar, and spiced as above. They are truly delicious. The peaches should be carefully pared.

**TO PICKLE IN BRINE.**—A good brine is made of bay salt and water, thoroughly saturated, so that some of the salt remains undissolved; into this brine the substances to be preserved are plunged, and kept covered with it. Among vegetables, French beans, artichokes, olives, and the different sorts of samphire may be thus preserved; and among animals, herrings.

**TOMATO CHOWDER.**—Soak a peck of green tomatoes for twenty-four hours in salt and water, chop them up quite fine in the chopping-bowl, adding three or four onions, mix with them a teacupful of white mustard seed; scald sufficient good vinegar to cover them, spicing it with pepper-corns, cloves, and allspice, tied loosely in a thin muslin bag; pour the vinegar upon the tomatoes, tie up the mouths of the jars in which it is put away. One of the best pickles ever made.

**EAST INDIA PICKLE.**—Chop cabbage fine, leaving out the stalks, together with three or four onions, a root of horse-radish and a couple of green peppers to each cabbage. Soak the whole in salt and water three or four days. Spice some vinegar very strong with mace, cloves, allspice, and cinnamon. Heat it scalding hot, add alum and salt, and turn it on the cabbage, onions, and pepper, which should previously have all the brine drained from them. This pickle will be fit to eat in the course of three or four weeks.

### ICE CREAM.

To prepare this rather troublesome dainty, so great a favorite at all kinds of festal gatherings, it is almost indispensable to have the regular apparatus, viz.: a freezer, and a tub pierced with holes at the bottom to let off the surplus water. But to those who happen to have no freezer, and can not readily possess one, a round, tall tin bucket, with a close cover, may be made to answer; though, in this case, the cover will have to be removed to stir the cream, which will much retard the process of freezing. An old bushel basket is as good a vessel as need be for packing the freezer. It should be set in the centre of the tub or bag.

ket, and packed closely about with pounded ice and coarse salt, in the proportion of two parts of ice to one of salt.

When you can procure *cream*, use it always; no other preparation is as good. Sweeten it very sweet; about three-quarters of a pound of white sugar to a quart of cream; flavor it with any extract preferred; place it in the freezer, and keep it *thoroughly stirred*. Its lightness, smoothness, and freedom from harsh, icy particles, will be entirely owing to the care with which it is stirred while freezing.

If cream can not be procured, use good milk. Bring it to the boiling point in a vessel set in water, to prevent scorching; beat up two eggs and a heaping teaspoonful of corn-starch, or arrow-root, to every quart of milk; stir it in, but do not let it boil, or it will curdle; as soon as thickened remove instantly from the fire, let it get cold before placing it in the freezer.

Ice-cream can be colored in the same manner as frosting, or with the juice of strawberries. It is very delicious when strawberries, or other delicate fruit, or jam, is added to the cream before freezing; about a pint of berries to a quart of cream. When made for a large company, use two freezers; have a different flavor and color for each. It is more ornamental, and allows persons their choice of flavors.

Another equally good is this: Three quarts of milk; two of cream; three eggs; one and a half pounds of sugar; three table-spoonfuls of starch; two of lemon. When the milk and cream are at the point of boiling, stir in the eggs, sugar, and starch; when nearly cold, put in the lemon and stir it well.

This one we know to be most successful in producing good cream: Take one quart of sweet cream, made very sweet with best sugar, and flavored; whip it to a light froth; skim off as fast as it is beaten, and put into your freezer, until all is whipped to a light froth. It will freeze in less time than any other recipe, and will make five quarts of delicious cream.

### Oysters and other Shell-fish.

Oysters must be fresh and fat to be good. They are in season from September to May.

The small ones, such as are sold by the quart, are good for pies, fritters, or stews; the largest of this sort are nice for frying or pickling for family use; the largest for frying, broiling, &c.

**TO TELL FRESH OYSTERS.**—Notice if the shells are firmly closed; if open, the oysters are dead, and not fit for use.

**TO KEEP OYSTERS.**—After washing them, lay them in a tub, with the deep part of the shell undermost, sprinkle them with salt and Indian meal, or flour, and fill the tub with cold water, and set in a cool place. Change the water daily, and they will keep fresh a fortnight.

**OYSTER SOUP.**—Mix three pints each of milk and water. Half a pound of butter crackers, or soda biscuit (rolled fine,) should be added with a pint of oysters (chopped fine,) when the milk and water comes to a boil. Let it boil until the flavor of the oyster is given to the soup, and the crackers are well swelled; then add salt and pepper to taste, and three pints more of the oysters, with a quarter of a pound of sweet butter; cover it for ten minutes more, then serve it in a tureen. Be careful that the whole oysters do not more than just boil up one or two minutes, or they will be tough.

**FRIED OYSTERS.**—Large ones are the best. Wipe them dry; dip them in batter, or roll them in flour, or cracker rolled fine; fry them five minutes, with a little hot lard in the pan, turning them over carefully. A little of the liquor may be added to the gravy in the pan, after the oysters are cooked; dish gravy with the oysters.

**STEWED OYSTERS.**—From a quart of oysters strain off the liquor; add to it half a pint of sweet milk; bring it to boil in a stew-pan, with four ounces of butter, a little pepper and salt, and a few crackers rolled, or a tablespoonful of flour. Then add the oysters, let them simmer a few moments, and serve them very hot.



**OYSTER PIE.**—Line the sides of a deep pie or pudding dish with a crust (of puff paste if you wish it very rich—of biscuit-dough if plain); fill two-thirds full of oysters. Season well with butter, pepper, and a very slight flavor of nutmeg; sift in a few crumbs of cracker, or a spoonful of flour; cover with a top-crust, and bake in a quick oven, three-quarters of an hour.

**BAKED OR SCALLOPED OYSTERS.**—Grate a small loaf of stale bread. Butter a deep dish well, and cover the sides and bottom with bread crumbs. Fill the dish half full of oysters, with a little ground mace and pepper. Cover them with crumbs and small bits of butter, strewed over them. Then fill up the dish with oysters; season them, and cover them as before, with crumbs and butter. If the oysters are fresh, pour in a little of the liquor; if they are salt, substitute a little water. Bake them a very short time.

**ROAST OYSTERS.**—Large oysters, not opened; a few minutes before they are wanted, put them on a gridiron, over a moderate fire. When done, they will open; do not lose the liquor that is in the shell with the oyster; send them hot upon a napkin. Epicures think this the only way to eat oysters.

**RAW OYSTERS.**—Choose the freshest and plumpest; sprinkle with salt, pepper and vinegar, or pepper-sauce, and eat them with crackers.

**OYSTER FRITTERS.**—Strain some of their own liquor, and make a thin batter with two eggs, and some salt and flour; stir the oysters in; make some butter and lard hot, in a thick-bottomed frying pan, and pour in the fritters; let it fry to a nice brown on both sides.

Or put it in the pan with a large spoon, allowing an oyster for each spoonful of batter; the oysters for these last must be large; the former may be small.

**OYSTER PATTIES.**—Line some small patty pans with a fine puff paste; put a piece of bread into each, cover with paste and bake them. While they are baking, take some oysters and cut them into small pieces; place them in a saucepan with a very small portion of grated nutmeg, a very little white pepper and salt, a morsel

of lemon peel cut as small as possible, a little cream, and a little of the oyster liquor; simmer it a few minutes, then remove the bread from the patties, and put in the mixture.

**OYSTER CATSUP.**—Take fine fresh oysters; wash them in their own liquor, skim it, pound them in a marble mortar; to a pint of oysters add a pint of sherry; boil them up, and add an ounce of salt, two drachms of pounded mace, and one of cayenne; let it just boil up again, skim it, and rub it through a sieve, and when cold bottle it; then cork it well, and seal it down.

**PICKLED OYSTERS.**—Let them be fine, and large, and put them over a gentle fire, with their liquor; add a bit of butter; simmer, and stir, to prevent burning. When plump and white, remove the oysters; spread them on a thickly-folded cloth, on a table, to cool. Take of their own liquor half enough to cover them, and as much good vinegar; make it hot; have ready a stone pot or tureen; put into it a layer of oysters; over them strew a salt-spoonful of ground mace, and a dozen cloves, allspice, and whole pepper. Then another layer of oysters, and spice and oysters alternately; then pour over the vinegar and juice. They will be fit for use the next day, and will remain good for months, in a cold place. They may be put in glass jars or bottles; a little sweet oil put in the top of each, and stopped and sealed tight, they will keep good for a year.

**CLAM SOUP.**—Fifty large or one hundred small clams will be sufficient. In removing them from the shell, carefully preserve the liquor, which should be strained, and to it add a quart of milk and water each; if the clams are large, cut each in two, and put them into it; set them over a moderate fire until the clams are tender (about one hour;) skim it clear; put to it half a pound of soda crackers, broken small, or half a pound of butter crackers, rolled fine; cover the pot for ten minutes; then add quarter of a pound of sweet butter, and serve hot.

**CLAMS, STEWED (SOFT SHELL.)**—Take the clams from

the shell, and free them from the black skin; wash, and put them in the pan, with a little water; stew over a gentle fire for half an hour; add butter; dredge with flour, and salt and pepper to taste; stir in; cover ten minutes, and serve hot.

CLAMS, FRIED (HARD SHELL).—Get the large sand clams; wash them in their own liquor; dip them in wheat flour and rolled crackers, and fry in hot lard or beef dripping, without salt; or dip each one in batter made as for clam fritters.

LOBSTER SOUP.—Extract the meat from the shells of four hen lobsters, which have been boiled; put the spawn aside; beat the fins and small claws in a mortar; then place both in a saucepan, with two quarts of water, until the whole goodness of the fish has been drawn; then strain the liquor. Beat in a mortar the spawn, a lump of flour, and butter; rub it through a sieve into the soup previously strained; simmer without boiling, that the color may be preserved, ten minutes; squeeze in the piece of a lemon, with a little of the essence of anchovies.

TO STEW LOBSTERS.—Extract from the shells of two lobsters, previously boiled, all the meat; take two-thirds of a quart of water, and stew the shells in it, with mace, unground pepper, and salt. Let it boil an hour or more, till you have obtained all that is to be had from the shells; then strain. Add the richest portion of the lobster and some of the best of the firm meat to some thin melted butter; squeeze a small portion of lemon juice into it; add a tablespoonful of Madeira; pour this into the gravy, and when warmed, it is ready to serve.

TO ROAST LOBSTERS.—Take live lobster; half boil it; remove it from the kettle in which it is boiling; dry it with a cloth; while hot, rub it over with butter; set it before a good fire; baste it with butter; when it produces a fine froth, it is done; serve with melted butter.

LOBSTER, COLD.—Take the fish from the shell; divide it in small pieces; mash the scarlet meat; prepare salad



of cayenne pepper, salt, vinegar, and mustard. Add oil, if liked. Mix the lobster with this preparation, and serve.

LOBSTERS, POTTED.—Take out the meat as whole as you can, split the tail, and remove the gut; if the inside is not watery, add that; season with mace, nutmeg, white pepper, salt, and one or two cloves in the finest powder; put a little butter at the bottom of the pan, and the lobsters smooth over; bake it gently. When done pour the whole on the bottom of the sieve, and with a fork lay the pieces into potting jars, some of each sort, with the seasoning about it; when cold, pour clarified butter over it, but if not, it will be good the day after it is done, and if seasoned high and thickly covered with butter, will keep some time. Potted lobsters may be used cold, or as fricasee with cream sauce.

#### The Carver's Manual.

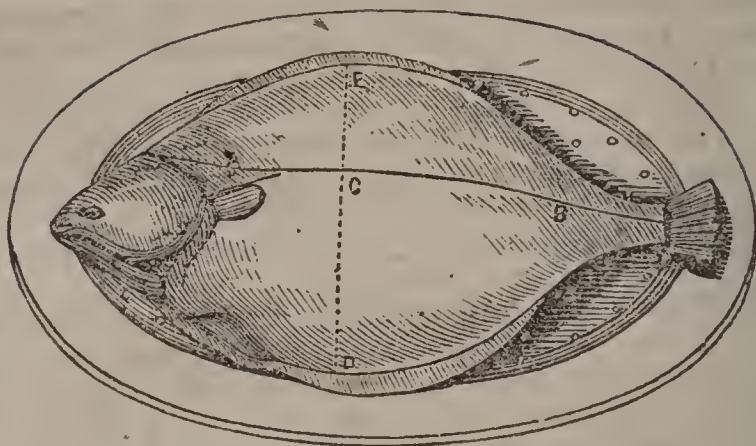
To serve a dinner with skill and economy is quite an art. It requires practice to make perfect; but a few rules and illustrations will so aid the novice that the duty of carving will not be one to dismay him. A bad carver is a source of mortification to himself and friends; and one who does not serve his dishes with such economy as to make them go around the entire company, is a source of extreme annoyance to the housewife. It is very important, therefore, to understand the little slight of hand required to dissect a roast or fowl properly; and we here add to our volume a chapter which, if studied, even cursorily, cannot fail to be of benefit. We give, in our "Housewife's Manual," a special chapter upon the art of Serving a Dinner with grace and propriety. The host or hostess of even ordinary households, will find it a source of assistance to them in setting a table and serving the feast, to peruse that chapter.

GENERAL DIRECTIONS.—The carver *stands*, as a general thing, in the act of carving; he can thus work to greater advantage. If his chair, however, is high, and his dish is close to him, he may carve without rising. He should also be supplied with a *sharp* blade.

Nothing can be done with a dull knife but to make bad work. The carver should therefore see that his carving knife is in good order. Or, if a guest is expected to serve the meats, let the housewife see to it particularly that a sharp knife and stout fork are provided. It is an insult to ask a stranger to serve a table with wretched tools. With fish a *trouzel* is quite requisite, and a family which uses fish to any extent should be sure to provide the proper instrument to serve them. Also, try and have the platter large enough to give the carver room. It is almost impossible to cut a joint in a fowl cleverly on a narrow platter, without throwing the juice or the stuffing over on the table cloth. The gravy *never should be put in the platter*; even the juice should be poured out into the gravy dish or "boat." The carver will be particular, before serving the gravy or dressing, to ask each guest if it is desired. To many persons gravy on roast beef or roast fowl is very unpalatable. It is proper also, in serving gravy or melted butter not to pour it over the meat or fowl but to place it on one side of the plate next to the food for which it is designed as a dressing. If both meat and fowl are served at once, (and it is preferable *not* to load a plate with two such dishes at the same time) be careful not to *pile* up the food: a small portion of each, with a proper accompaniment of vegetables will make a hearty dinner for almost any appetite, particularly if any dessert is to follow. It is *vulgar* to heap up dishes. Serve plentifully, but not as if the guest was a glutton.

### FISH.

The person who serves fish should always remember that the *thickest part is usually the choicest*. Therefore, a careful distributor, before he commences operations, will measure with his eye both the number to be served and the size of the fish. All boiled flat fish, if not too small, may be apportioned after the manner of turbot, and all boiled fish of similar shape and dimensions to mackerel, in the same way as that would be served. Fried fish, if not already separated when brought to table, is to be cut up in broad slices, the head and tail being left on the dish.



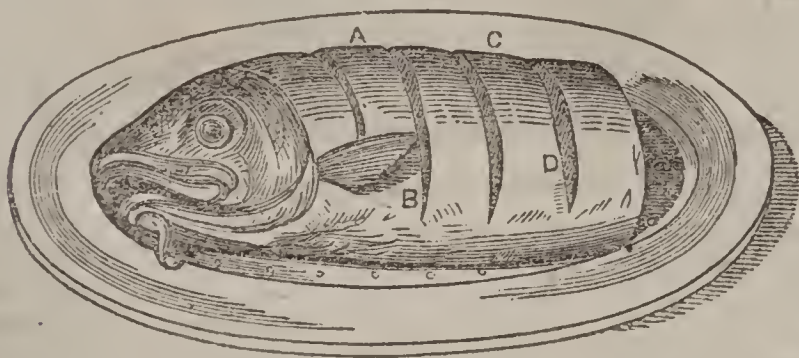
**TURBOT**—Like all flat-fish, is of more delicate flavor in the under side, which is represented in the annexed figure, the whole of which is considered unexceptionable. The finest cuts are those nearest the middle, and fin is counted a great delicacy. Insert the fish-knife just below the head at the point marked A, and carry it down to the point above the tail, marked B. Serve the whole of this upper side in slices from C to D, and from C to E, helping always a portion of each. Should more be required, lift up the back-bone with a fork, and with the knife or trowel separate a portion of the upper side. The flesh on this side is firmer than that of the under side, and for that reason some persons prefer it. Always add a portion of the fin as long as it lasts.

• **SALMON**—Is seldom served whole, a piece out of the middle, whether crimped or not, being that usually selected. Serve in slices, the solid part at least half an inch thick, and about five or six inches in length, and the thin in less proportions, helping each person to a slice of the solid and lean. When the fish is very large, like coarse Hamburg or Dutch salmon, the knife should not be allowed to penetrate to the bone. Should a small salmon be served whole, recollect that the finest part is toward the head.

**MACKEREL**.—Separate the head from the body, and then serve an entire side of a small fish. Where the



fish is large serve only the larger half of a side, the part nearest the head being the choicest. Do not split the last third to the tail, but serve it as one portion. Thus, a mackerel will serve three people. As there are fancies about the roe, it is as well to ask which kind is preferred. The soft roe marks the male and the hard roe the female fish.



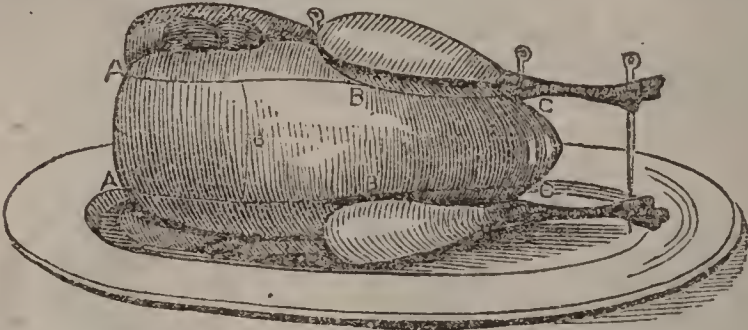
**COD'S HEAD AND SHOULDERS**—If sufficiently boiled, is easily served. The back of the fish should be placed toward the carver, and the first incision is to be made from A to C. Then enter the fish-carver at A, and cut down to the bone in the direction of B, and do the same from C to D, and help from this opening, right and left, one slice of each to every guest, being careful not to make a jagged surface by breaking the flakes. The gelatinous parts about the neck and head are prized, as is also the sound. The palate and tongue, if asked for, must be got at with a spoon. The "sound" lies in the under part of the fish, and is found by introducing a spoon into it, between the points B and D. Some cut the fish lengthwise when not crimped.

## POULTRY

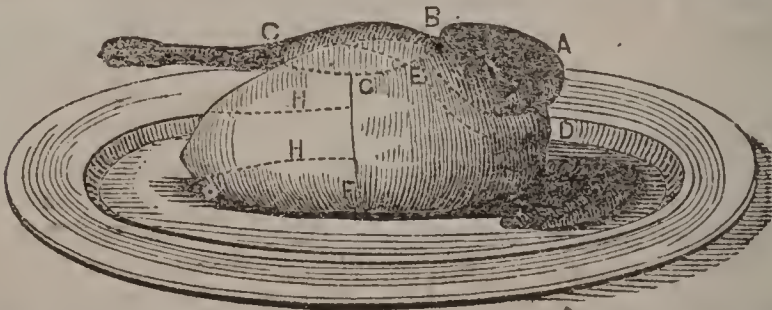
Requires more careful carving than any thing else brought to table. As a general rule the white meat is considered the greater delicacy.

**FOWL, ROASTED.**—The fork should be placed in the centre of the breast, and the knife be carried from A to C. Then, inserting your knife under the leg at B, cut downwards as far as A, and separate the ligature

near that joint, when, jerking the leg back, the parts will give way. Next separate the joint at A with the edge of the knife, and carry it through to B, when the



wing is easily detached. Separate the other wing and leg in the same way. The merry-thought at D is easily removed by inserting the knife according to the line marked, and bending it back. Then remove the neck-bone E to D by putting the fork through them, and wrenching them carefully away so as not to break them. The breast must next be separated by cutting



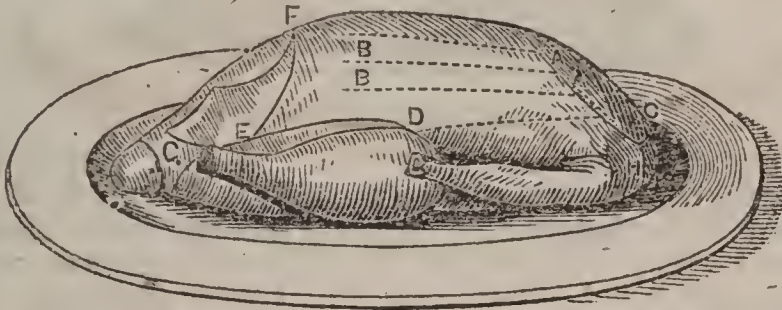
right through the ribs to the points C and C. Then turn the fowl back upward on your plate, as shown in the second figure; cut it up by following the lines G to F and H and H, which will give the side-bones.

**FOWL, BOILED**—May be cut up in a similar way, though some first remove the wing and next the leg. By some the side-bones and the liver wing are considered dainties, while others prefer the merry-thought and neck-bones. The prime parts, however, of a fowl, either roast or boiled, are generally considered the wings and breast, and where ladies are at table, it is

customary to apportion these joints to them. Capons and Cochín China fowls may be carved in the same way as a turkey.

**TURKEY, BOILED**—May be served in the same way as a boiled fowl, excepting that, as the breast is the most delicate part, and affords many good slices, these should be cut lengthwise, and, with thin portions of the stuffing, be handed round first. Where the bird is large, the whole of the breast may be served in such slices, and these a judicious carver will eke out with slices from the inner part of the thigh, sending to ladies of course, only the former, but to male guests one of each.

**TURKEY, ROASTED**—May be served in the same way as a roasted fowl, excepting as regards the breast. That should be sent round in the same way as a boiled turkey. In both cases it must be borne in mind that the turkey is a dullard, and though it has a breast-bone, it never had a mery-thought. Where sausages or forced meat balls are placed on the dish, they must be served to every guest.



**GOOSE.**—The first slices should be cut down to the breast-bone in the direction of A and B, and be helped round as long as they last. Under the apron, which must be cut open at F E G, will be found the stuffing, a part of which should be served with each helping. If more be required, the carver must next proceed to take off a leg and wing, by inserting his fork through the small end of the former, pressing it closely to the body, entering his knife at D, and jerking the leg smartly back, when the joint will separate, and it may

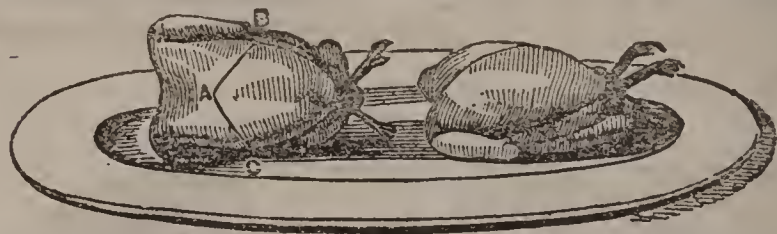


then be readily cut off in the direction D E. The wing is easily taken off. Place the fork in the small end of the pinion, and pressing it close to the body, separate the joint with the knife at C, and cut off the wing in the direction C D. The fleshy part of the wing and the thigh are the most favorite pieces after the breast. The one should be separated from the pinion and the other from the drumstick. The neck and side-bones should also be served previous to the back or the drumsticks. These latter, with "the mitre," or lower part of the back, are generally reserved for "devilling."

**GREEN GOOSE**—Should be cut up like a duck, but only about a couple of slices taken from the breast before it is served round in separate joints, the remainder of the breast counting for one. It is customary entirely to dissect the bird before helping any one at table.

**DUCK**—May be carved in the same way as a goose.

**DUCKLINGS**—Are carved in the same way as pigeons.



**PIGEONS**—Are usually carved into four pieces, by inserting the knife at A, cutting in the direction of A B and A C and then dividing each piece in half. Many persons cut them through the middle lengthways, and serve half the bird to each guest. Half a pigeon is not considered too much to be placed on a plate at once.

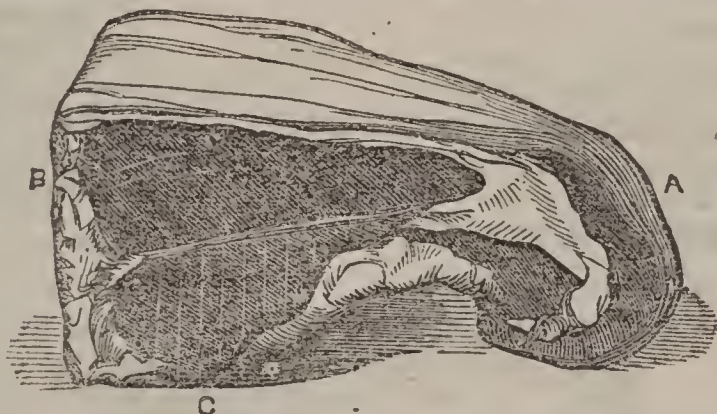
**SNIPES**—Should only be halved.

**WOODCOCKS, GROUSE, ETC.**—Are carved like fowls, if not too small; when they must be cut in quarters.

### Meats, Roast and Boiled.

In serving meats, be careful not to excise "chunks," nor to place on the dinner plates pieces too thick or too thin. The proper thickness is about the sixteenth of an inch to an eighth.

**SIRLOIN OF BEEF.**—There are two ways of carving this joint. The better is, by long, thin pieces, from A to B; the other way is, which spoils it, to cut across.



The most tender and best part lies in the direction of the line B; there, too, lies some delicate fat. Part should be given with each slice.

**RIBS OF BEEF.**—These may be sliced like the sirloin, commencing at the thin end and slicing the whole length, so as to give a mixture of fat and lean.

**ROUND OF BEEF.**—Remove the upper surface, as in the edge-bone; help to thin slices, with a portion of fat; cutting as even as possible, to preserve its beauty of appearance.

**SADDLE OF MUTTON.**—Cut long slices, on each side of the back-bone. As some are fond of a joint of the tail, they can easily be served, cutting between the joints.

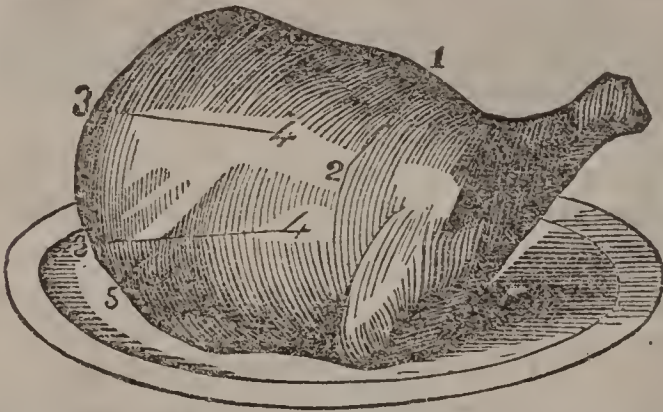
**BREAST OF VEAL.**—Separate the ribs from the brisket. The brisket is the thickest part, and a gristly substance. Carve each, and help according to preference.

**ITCH BONE OF BEEF.**—Cut off and lay aside a thick slice from the entire surface, then help. There are two kinds of fat attached to this joint, and as taste differ, it is necessary to learn which is preferred; the fat must be cut horizontally; the softer, which resembles marrow, at the back of the bone.

A silver skewer should be substituted for the one

which keeps the meat properly together while boiling, and it may be withdrawn when you cut down to it.

**CALF'S HEAD.**—Cut the slices from the nose to back of the head to the bone. Should the eye be requested, extract with the point of the knife, and help to a portion. The palate, a delicate morsel, lies under the head. The sweet-tooth, too, not an inferior delicacy, lies back of all the rest, and, in a young calf, is easily extracted with the knife. On removing the jaw-bone, fine lean will appear. Help to each of these.



**SHOULDER OF MUTTON.**—Slice to the bone at the line, and help thin pieces from each side. The choice fat lies at the outer edge, at 5. Should more be needed than can be gotten from those parts, slice on either side of the line 3, which represents the blade-bone; and nice pieces may be obtained from the under side, also, by slicing horizontally.

**LEG OF MUTTON.**—The nicest part runs midway between the knuckle and the other end. Thence, cut thin slices each way, quite deep. The outside being seldom very fat, some favorite pieces may be sliced off the broad end. The knuckle is tender, but the other parts more juicy, some good slices may be cut lengthwise, from the broad end of the back of the leg. The cramp-bone is much thought of by some; to get it, cut down to the bone.

**SPARE RIB.**—Carve, first, slices from the fleshy part. This will give a proportion of lean and fat; and being



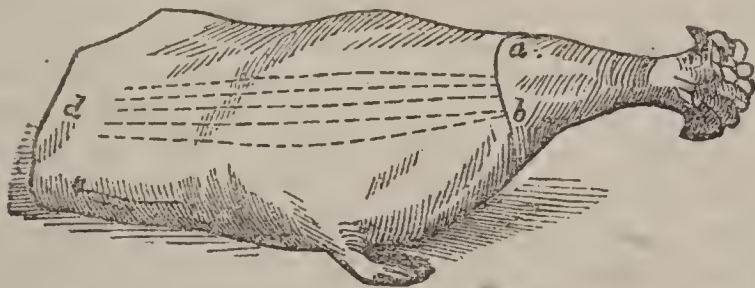
removed, separate the rib, breaking it at the point. If an entire rib is too much, a slice of meat may be taken from between two ribs.

**QUARTER OF LAMB.**—Separate, first, the shoulder from the scoven, which constitutes the ribs and the breast, by sliding the knife under the knuckle, leaving on the ribs a due proportion of meat. Place it on a different dish. Now squeeze half a Seville orange on the other part, which, being sprinkled with salt and pepper, should be carved. This will separate the gristly part from the ribs. Now help from either, as may be the choice.

**FILLET OF VEAL.**—This resembles a round of beef. Like that, it should be carved horizontally, or by cutting the even slices off the top, cutting deep into the flap for the stuffing. Help to each person a portion of the dressing.

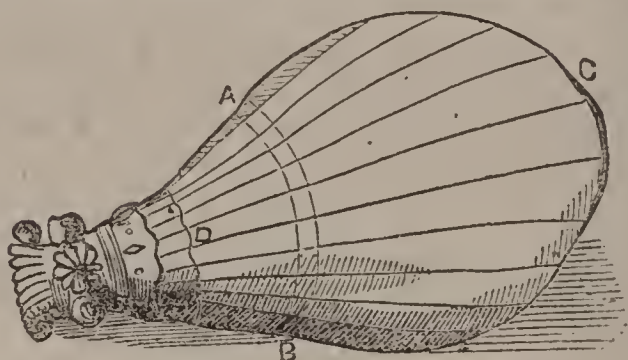
**FIG.**—This is seldom sent to the table whole; the cook first garnishing the dish with the chops and ears, and dividing the body lengthwise. Separate a shoulder from the body; next a leg; and divide the ribs. Some prefer the neck, though most the ribs. Help with stuffing and gravy.

If the head is not otherwise disposed of, the brains should be mixed with gravy.



**VENISON.**—Slices of a medium thickness may be given, and plenty of gravy with them. Cut quite to the bone in the line *a b*; then turn the dish with the end *d* toward you, and putting in the point of the knife at *c d*. You may now, at pleasure, slice from either side. As the fat lies deeper on the left, those who like

fat, as most venison eaters do, may be helped to the best flavored and fattest slices on the left of line *d*.



**HAM**—May be carved three different ways. Usually commencing in long, delicate slices, cut to the bone through the thick fat. A second way is, to cut a small, round hole on the top, taking thin, circular pieces. Another way is as shown in the engraving.

**TONGUE**.—Cut perpendicular thin slices, commencing a little nearer the root than the tip. The fat lies under-side, at the root.

**LEG OF PORK**.—The stuffing in a roast leg, will be found under the skin, at the thick end.

#### Miscellaneous.

**EGG PLANTS**.—Put them into a pot, with plenty of water, and simmer them until quite tender. Take them out, pull off the skin, and mash them smooth. Mix with them some grated bread crumbs, powdered sweet marjoram, large pieces of butter, and a few pounded cloves. Grate a layer of bread over the top, and put the dish into the oven and brown it.

**EGG PLANT, FRIED**.—Pare them thinly, slice, soak over night in salt water, dip the slices in thin batter or bread-crumbs, and fry on a griddle with batter or sweet lard. Fry slowly, until it is thoroughly done. The first is a dinner, the last a breakfast dish.

**CHICKEN PUDDING**.—Beat ten eggs, add one quart rich milk, half a pound of melted butter, pepper and salt, stir in as much flour as will make a batter. Take

four chickens and cut them up; then put them in a sauce-pan, with salt and water, thyme and parsley. Boil these until nearly done, then take out and put them in the batter, bake, and send up the gravy in a separate dish.

APPLE POTTAGE.—Take ripe apples carefully pared and cored, and put them in layers in a stone or earthen jar alternately with layers of sugar. If the apples are sweet, a little lemon or quince intermingled will give it a better flavor. Cover the whole with wheat paste or dough, and place the jar in the oven for baking. Let it remain all night, and it will make a delicious dish for breakfast.

APPLE FRITTERS.—Take any large sized apples, except sweet, pare and cut them into circular pieces, about a quarter of an inch thick, at the same time taking out the cores with a sharp pointed knife. Make some batter of wheat flour as for common griddle cakes, drop the sliced apples into it, have ready a deep griddle or spider, into which put about half a pint of lard. When it is hot, with a large spoon drop the apples into it. To be eaten while warm.

PICALILLI.—Picalilli is a mixture of all kinds of pickles. Select pickles, from the salt brine, of a uniform size and of various colors; as small cucumbers, button onions, small bunches of cauliflowers, carrots cut in fanciful shapes, radish-pods, bean-pods, cayenne-pods, race ginger, olives, limes, grapes, strips of horse-radish, &c. Arrange your selections gracefully in glass jars and pour over them a liquor prepared in the following manner: To one gallon of white wine vinegar add eight teaspoonfuls of salt, eight of mustard flour, four of ground ginger, two of pepper, two of allspice, two of turmeric, boil all together one minute; the mustard and turmeric must be mixed together by vinegar before they are put into the liquor; when the liquor has boiled, pour it into a pan, cover it closely, and, when it has become cold, pour it into the jars containing the pickles; cover the jars with cork and bladder, and let them stand six months, when they will contain good pickles. Picalilli is an excellent accompaniment to many highly



seasoned dishes; if well put up it will keep for years. If you like oil in the picalilli it should be braided with the vinegar, and added with them to the boiling liquor.

**QUICK PICKLES.**—Take a head of cabbage, slice it up or chop it, sprinkle salt through it, let it remain all night; chop up an onion with the cabbage, drain it through a colander, season it highly with pepper and celery seed, cover it with strong vinegar, and it will be fit for use the third day.

**PICKLED DAMSONS.**—To one peck damsons allow seven pounds of brown sugar, half a pint vinegar, two tablespoonfuls ground allspice, the same of cloves; let the vinegar and sugar boil, and to the mixture add the damsons and spice. They should boil two and a half hours, being constantly stirred; when cold, they are fit for use.

**POTATO MUFFINS.**—One pint of milk, six large potatoes mashed, one egg; a dessert-spoonful of butter, and one gill of good yeast,

**DROP BISCUIT.**—One quart of sifted flour, one teaspoonful of salt, one beaten egg, one small teaspoonful of soda, dissolved in a little hot water, one cupful of cream, two cupsful of sour milk, or buttermilk, and a spoonful or two of white sugar. Stir thoroughly to a thick batter. Drop with a spoon on buttered tins. Bake in a quick oven.

**BRENTFORD ROLLS.**—Two pounds flour, four ounces butter, two eggs, well beaten, two spoonfuls of yeast, about a pint of milk. Make a soft dough and set it to rise. When light, make it into small rolls, and bake about twenty minutes.

**CRUMPETS.**—Set two pounds of flour, with a little salt before the fire till quite warm; mix with warm milk and water to as stiff a paste as can be stirred; let the milk be as warm as can be borne with the finger; put a cupful of this with three eggs well beaten and mixed with three large spoonfuls of yeast; put this to the dough; beat all together in a large pan, add as much as will make a stiff batter, and bake in rings or on a griddle.

**RAW POTATOES FRIED.**—To fry raw potatoes properly, they should be pared, cut lengthwise into slices an eighth of an inch in thickness, dropped into a pan over the fire, containing hot drippings, turned frequently, nicely browned all over but never burned. The addition of a little salt and pepper, while in the pan, and a little flour dredged over them, is an improvement.

**A NICE WAY TO COOK MEAT.**—Take a couple of pounds of mutton, cut in small pieces about the size of a walnut, put in a clean iron pot, add half a dozen good sized tomatoes, peeled and cut in pieces; salt, and if liked, a tablespoonful or more of rice; water enough to cover it; let it cook very slowly, and keep it covered. This is a nice way to make a stew.

**BEST WAY TO COOK CLAMS.**—Take one dozen clams, open, saving juice and meat, chop the meat fine. Take six eggs, mixing the white and the yolks; then mix the clams, juice and meat, with the eggs, and cook over a slow fire, stirring constantly till the mixture has the consistency of stiff cream.

**FRENCH MUSTARD.**—Put on a plate one ounce of best mustard powder; with a table spoonful of salt, a few leaves of tarragon, and a clove of garlic mized fine; pour on it by degrees a sufficient quantity of vinegar to dilute it to a proper consistency—say about a wine-glass full. Mix with a wooden spoon. Do not use it in less than twenty-four hours.

**A DELICATE BAKED FRUIT PUDDING.**—A delicate baked fruit pudding may be made by placing in a buttered dish a layer of rusk or sponge cake, then a layer of any fresh or preserved fruit; raspberries or apricots are perhaps the best, but rhubarb or green goosberries do very nicely; then another layer of rusks or cakes, alternately, until the dish is filled; pour over all a rich custard, and bake about twenty minutes.

**PLUM PUDDING WITHOUT EGGS.**—Half-pound grated bread, quarter pound chopped suet, one tablespoonful flour, half-pound dried currants, more than two ounces sugar, milk enough to make a stiff batter. Boil in cloth four hours, or bake it, adding a quarter-pound of raisins.

**WHIGS.**—Warm a pint and a half of milk, one ounce of butter, three eggs, three tablespoonfuls of yeast, flour to make a batter, and let it rise two or three hours. Bake in rings fifteen minutes.

**RED SUGAR-BEET PIES**—Pies made of the red sugar-beet are said to be delicious, somewhat resembling rhubarb pie in flavor, though more rich and substantial. It is seasoned with vinegar, sugar and spices, to suit the palate. The root may be used without boiling, being chopped fine. Prepare the crust as you would a green apple pie.

**BOILED-CIDER PIE.**—One cup boiled-cider ; one cup flour ; two cups water ; two cups melasses ; mix thoroughly and bake with two crusts. The above quantity will be sufficient for several pies.

**WATER MELON RIND PRESERVES.**—When the rind becomes a little transparent in salt brine, put it into fresh water for a day and night, changing the water several times, then boil it for one hour very fast in fresh water, cover with grape leaves to green them. Take them up and drop in cold water enough to cool them quickly, then weigh, and to each pound of rind add two ounces of sugar. When done, they are very transparent ; add when cold a few drops of essence of lemon.

**PEACH JELLY.**—Pare well-ripened peaches and remove the pits ; boil the fruit until quite soft, in water enough to cover it ; strain through a coarse bag, and add one pound of white sugar to each quart of the liquid, boiling down until upon trial it stiffens when cooled. If it does not stiffen sufficiently, add a little isinglass. Put in jelly-glasses, tumblers or bowls, and paste white paper over them. After setting a short time in the sun, preserve in a cool, dark place.

**BLANCMANGE OF RICE FLOUR.**—Let three pints of milk boil ; when boiling, add half a pound of rice flour, mix with cold milk to a paste. Put in half a pound of loaf sugar, a little lemon peel and cinnamon. Let it boil ten minutes, stirring all the time. Take it off, strain, and pour into moulds. When cold, turn it out. Eat with sugar and cream



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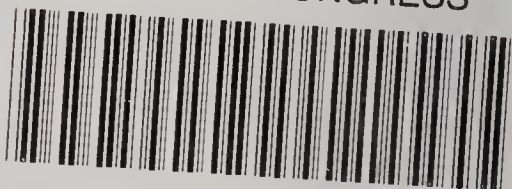
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